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WHAT'S ON AUTUMN 2015



Waltham Forest

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NEWS

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Issue 146

21 September 2016

This is
your
Stoptober!

Are you ready for Stoptober?

It's 28 days that will change your life.

Stopping smoking for 28 days means you're five times more likely to stop for good.

Join thousands of people just like you on Thursday 1 October by signing up to Stoptober at <https://stoptober.smokefree.nhs.uk>



You can find all
our support tools online,
simply search Stoptober.

[f /stoptober](https://facebook.com/stoptober) [@stoptober](https://twitter.com/stoptober)



Face-to-face



Pack



App



Text



Email

Stoptober





This year, Stoptober will be providing quitters with a personal touch from some of the nation's leading comedians: Bill Bailey, Rhod Gilbert, Al Murray and Shappi Khorsandi. Messages of support and encouragement will be sent straight to quitters' phones and emails throughout October.

You can do it!



"I smoked for about 25 years and probably spent 23 of those trying to quit, trying everything you can think of to kick the habit. I know first-hand that it can be hard to find the motivation to quit, but Stoptober is the perfect time to give it a go. My advice to those taking on Stoptober would be to take the 28 days one day at a time."

Rhod Gilbert, Comedian



Great reasons to quit smoking

Everyone has their own reasons for wanting to stop smoking, but here are just a few you may want to consider.

Your health and appearance

- You will reduce your chance of having a heart attack, stroke or getting cancer or other diseases
- You will breathe more easily and cough less
- Your skin will look healthier and your teeth and fingernails will not be stained

Your lifestyle

- You will save money, so will have more to spend on other things
- You won't always be worrying about your next cigarette and where you can or can't smoke
- Your car, home and clothes won't smell of smoke, and your sense of smell and taste will improve

Your loved ones

- You will not harm your friends and family with the effects of second hand smoke
- You will set a great example for your children who are much less likely to start smoking if their parents do not smoke
- You will have more energy to do the things you love with friends and family



Whatever your reasons to quit, reminding yourself of them can motivate you to quit smoking for good.

The quitting timeline

Within just a few minutes, the benefits of quitting smoking will start to have an effect on your body:

- After 20 minutes your blood pressure and pulse return to normal.
- After 24 hours your lungs start to clear.
- After two days your body is nicotine-free and your sense of taste and smell improve.
- After three days you can breathe more easily, and your energy increases.
- After two to 12 weeks, your circulation improves.
- After three to nine months coughs, wheezing and breathing improves.
- After one year your heart attack risk is half that of a smoker.
- After 10 years your lung cancer risk is half that of a smoker.

Look out for the **Smokefree Waltham Forest Stoptober road show** in Walthamstow Town Square between 20 and 24 October.

The Stop Smoking Team will be available between 10am and 4pm to provide information and advice about the service and the Stoptober challenge.



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NEWS

Mini-Holland launched

Waltham Forest's Mini-Holland Programme is pedalling towards completion

The first stage of Waltham Forest's Mini-Holland project is complete, with the Walthamstow Village scheme officially launched on Monday 14 September.

This makes Waltham Forest the first of the three boroughs funded through the Mayor of London's £100million 'Mini Hollands' programme to get off the blocks.

The launch was attended by Cycling Commissioner for London, Andrew Gilligan; Dutch Ambassador to the UK, Simon Smits; and Robert Goodwill MP, Parliamentary Under Secretary of State for Transport. It included a street party in Orford Road with stalls from local traders, music and trial bikes for residents to test run the new space.

As part of the improvements two new public spaces have been created in Walthamstow Village providing the community with the perfect place to relax and unwind.

Traffic closures have been put in place along the two East and West Avenue bridges, converting them into public spaces that allow for safe pedestrian and cycling access.

"The Walthamstow Village launch is a major milestone in our award-winning Mini-Holland Programme, which is all about encouraging people to walk, cycle and most importantly enjoy living life in Waltham Forest," remarked Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment.

"The programme has already made noticeable differences for residents. It is now easier for people to choose to cycle or walk, we have more infrastructure in place including new cycle hubs at train stations and cycle parking stands and bike hangers being installed in town centres and residential streets across the borough."

Walthamstow resident Karolina (pictured with son Dominik, 5,) said: "As I don't own a car, I welcome the improvements for cyclists and pedestrians created by the Mini-Holland Programme. I have recently purchased a new bicycle for my son and intend to buy one for myself so we can travel together as a family. I think making our streets safer to travel by foot and bicycle is very positive for Waltham Forest's



Walthamstow residents Karolina and Dominik Katniak are looking forward to travelling by bike more often

younger generations."

The Mini-Holland Programme will transform Waltham Forest, improving conditions for people who walk, cycle and drive by

improving infrastructure, increasing public spaces and reducing overcrowding on public transport, traffic congestion, air pollution and parking pressures.

More info

For more information on the Mini-Holland Programme, visit www.enjoywalthamforest.co.uk.

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WALTHAM FOREST COLLEGE

Award honours police



Commissioner of the Metropolitan Police Service, Sir Bernard Hogan-Howe (right), collected a civic award on behalf of Waltham Forest's police officers

Commissioner of the Metropolitan Police Service, Sir Bernard Hogan-Howe, paid a visit to Waltham Forest this month to receive an award on behalf of the borough's dedicated police officers.

Sir Bernard joined officers from Waltham Forest police and Council representatives at the William Morris Gallery (Forest Road, E17 4PP) where the borough's police were presented with a civic award for outstanding service to the community by Council Leader, Chris Robbins.

Thanking the Council for the award on behalf of his officers, Sir Bernard highlighted examples of successful partnership working between the police and Council, including Waltham Forest's pioneering gangs programme, the newly-launched One Stop Shop for domestic violence victims and work being carried out around the Prevent agenda, which

is designed to combat radicalisation and extremism.

Sir Bernard told Waltham Forest News: "There's been a huge amount achieved; 30 per cent less burglary, halving in theft of motor vehicles, a strong detection rate for domestic violence – the second highest in London, which is a fantastic achievement."

Council Leader, Chris Robbins, said: "According to a recent MPS Public Attitude Survey, satisfaction with police in Waltham Forest is the third highest in London. That's a major achievement and something officers should be commended for."

More info

For more information on the Council's work to make Waltham Forest safer, visit www.walthamforest.gov.uk/community-safety.

In my opinion



Edyta Matkowska

Resident, Walthamstow

Next month is the start of Stoptober, the national 28 day stop smoking challenge, and as someone who has successfully quit; I want to encourage other local people to do the same. If you stop smoking completely for the 28 days of Stoptober, you're five times more likely to stop for good.

I smoked for more than half my life, having taking up smoking at 16. Earlier this year I decided I wanted to quit once and for all, as I had started to notice that smoking was really affecting my breathing. It was also putting a

big strain on my finances.

When my kids told me how much they hated me smoking, it was another big motivation to quit. I had tried to stop several times before, using willpower alone, and had always gone back to smoking.

I was determined to stop for good this time, so I visited the local stop smoking service to get professional help. With the help of my advisor, I decided to try to quit using Champix. These are prescription-only nicotine-free pills that reduce your craving for tobacco and help with withdrawal symptoms.

I found the support I got from the

stop smoking service really useful, and while I did have a few tough moments, I have not had a single puff of a cigarette since Tuesday 30 June.

Since I quit, I have already noticed the difference in my health. I can go up and down stairs, and even run without getting out of breath. I am particularly happy that I am now able to go to the park and run around and play with my kids, which was something I had struggled to do before. An added bonus is that I have already saved nearly £500 since quitting!

I recently opened a box of clothes I had packed away for

storage before I quit, and couldn't believe how strong the smell of cigarette smoke was! My kids told me that their school clothes always smelt of smoke, but I had never really taken any notice as I couldn't smell it before.

The best thing about stopping smoking is that my kids are proud of me and are really happy that their mum has quit this harmful habit.

Stopping smoking isn't easy, but you can do it!

I'd encourage anyone who is thinking of stopping smoking to phone the Waltham Forest stop smoking service on 0800 032 0102. The line is open Monday to Friday 8am to 8pm and Saturday 10am to 1pm or visit www.nhs.uk/smokefree.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 350 words; Waltham Forest News wants to hear from you. Email walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

**Contact
Waltham Forest
Council:**

Visit www.walthamforest.gov.uk
E-mail Wfdirect@walthamforest.gov.uk
Call 020 8496 3000



Waltham Forest News

Editor: Jenny Singh

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or phone 020 8496 3000.

Advertising and promotional enquiries:

Sue Hardcastle, 020 8496 3000 (press 6)
advertisingwfn@walthamforest.gov.uk

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Waltham Forest News is published fortnightly by London Borough of Waltham Forest with a print run of 110,000 copies delivered to homes, organisations, businesses and bulk drops in the borough.

The official independently audited free letterbox delivery of Waltham Forest News is 96,794, ABC Regional Dec 2013 to Dec 2014

Accolades for The Scene

Walthamstow development, The Scene at Cleveland Place, was announced as the overall winner of the prestigious National Housing Awards in London on Thursday 10 September.

The development took first prize in the Best Regeneration Project category and then went on to be named as the overall winner for the night.

The development has seen Walthamstow town centre transformed into a thriving entertainment hub featuring a

1,200 seat cinema, five restaurants – the last of which will be opening soon – and improvements to the public areas.

Cllr Clare Coghill, Cabinet Member for Economic Growth and High Streets, added: "The Scene at Cleveland Place has become a 'go to' attraction for the local community, with its new cinema, restaurants and improvements to public spaces. The development has also created numerous jobs, with many going to local people.

"It's an honour to be recognised

for our efforts in revitalising this space and setting a benchmark for the design standards we want to see within our borough. We are committed to continue to build on the success of developments such as The Scene to ensure Waltham Forest has thriving town centres."

Cllr Khevyn Limbajee, Cabinet Member for Housing, said: "I am very proud to see Walthamstow's The Scene being awarded Best Regeneration Project in the 2015 National Housing Awards.

"This development has seen the

introduction of 121 new homes within the borough. It aligns with the Council's aim to offer a mix of well-designed new homes in Waltham Forest to address our current housing shortage, as well as accommodating modest and middle income households who are currently locked out of home ownership."

More info

For more information, visit www.walthamforest.gov.uk/regeneration.

In brief



Lloyd Park (pictured) and the William Morris Gallery were shortlisted last year

Love London Awards

Time Out magazine is calling on residents to nominate their favourite local bars, restaurants, cafés, shops and cultural venues for its 2015 Love London Awards. The awards celebrate the fantastic small and independent businesses that make London's individual neighbourhoods what they are. Nominations will close at the end of September, when a shortlist of nominees for our area is revealed for the voting stage, which begins on Monday 5 October. The online vote will close on Saturday 31 October, with winners and runners up for each category named at a glitzy award ceremony in central London on 17 November. So don't delay, get nominating your Waltham Forest favourites now!

• To nominate your local treasures, or find out more, visit www.timeout.com/lovelondon or tweet @TimeOutLondon using hashtag #LoveLondonAwards.

Twilight Market

Walthamstow Twilight Market is coming to town with its inaugural launch on Thursday 24 September. Waltham Forest Council in partnership with the Greater London Authority is excited to introduce this ongoing community project that will give local designers and creatives the chance to showcase and sell their wares. Held in Walthamstow Town Square and Gardens, the monthly Twilight Market will launch with a mouth-watering selection of street food and specialist outdoor bars to whet the appetite for future markets that will incorporate more local traders and exciting themed events. In an effort to encourage the emerging evening economy in Walthamstow Town Centre, established by the award winning The Scene at Cleveland Place, new and local traders are encouraged to contact Tina Jennings or Jacqui James at brixtonnightmarket@gmail.com. • For further information about the Walthamstow Twilight Market, please visit www.street-concepts.co.uk.

Royal Academy artist's new exhibition



'Art is Your Human Right: The Artistic Campaigns of Bob and Roberta Smith' opens at William Morris Gallery on Friday 16 October. Photo by Paul Tucker

Acclaimed artist and Waltham Forest resident Bob and Roberta Smith RA will unveil his latest exhibition next month at the William Morris Gallery.

Entitled 'Art is Your Human Right: The Artistic Campaigns of Bob and Roberta Smith', it will be the first time that so many of the artist's campaign works have been shown together, along with substantial

new works.

Bob and Roberta Smith – the pseudonym of artist Patrick Brill – uses text as an art form, creating colourful slogans in support of creativity in politics and education.

The exhibition, which opens to the public on Friday 16 October, will include placards, sculpture, banners and even a slogan-covered 'campaigning' van,

as well as a new film specially commissioned for the exhibition. Smith will also present a new work, Dear Mayoral Candidate, asking London's prospective mayoral candidates to sign up to an arts education pledge.

The display will spill out of the exhibition galleries into the historic parts of the Grade II* listed building, which is owned and managed

by Waltham Forest Council. The new display builds on the Gallery's programme of socially-engaged, contemporary solo exhibitions that respond to Morris's legacy, by artists including Jeremy Deller, Yinka Shonibare and Grayson Perry.

A related exhibition, Letters for Everyday, will open at the Gallery on 18 November, displaying work made by young people with Smith this August.

Bob and Roberta Smith said: "This show takes forward my campaigns, which have been purely about art education, to thinking about art as fundamental to freedom of expression for all of us. Morris had a deep understanding of the importance of art in every part of our lives, which really speaks to me. I want the Mayoral candidates in the 2016 election to sign up to my 'Morrisian pledges' and I am inviting the public to get involved and help me spread the word."

Council Leader Chris Robbins said: "Bob and Roberta Smith is not only one of Britain's most important contemporary artists, he's also a resident of Waltham Forest and an active force in the borough's artistic community. We're thrilled to be hosting this provocative and thoughtful exhibition, which brings politics and art together just as Morris did."

The William Morris Gallery (Lloyd Park, Forest Road, E17 4PP) is open to the public Wednesday to Sunday, 10am to 5pm. Entry is free.

More info

Find out more at www.wmgallery.org.uk.

4 Priorities

Entertainment for everyone

Waltham Forest Council has four key priorities to help improve the lives of everyone living and working in the borough. In this edition we look at what is being done to help ensure you have a good quality of life.



Organising more than 200 events every year is just one of the ways we're helping residents to enjoy living life here in Waltham Forest.

We've put arts and culture at the heart of the work we are doing to bring our communities together in celebration. Through the Council-organised Get Together programme, tens of thousands of local people are treated to first-class entertainment every year – with many of the events being completely free to attend.

And, each week at your local library you can discover free workshops, talks and activities for you to enjoy whatever your age or interest. If that wasn't enough, there's always something to see at the fantastic Vestry House Museum and award-winning William Morris Gallery.

Weekend festivals

Following swiftly on from the success of Grillstock, which saw

the borough embrace BBQ food and music over two days in early September, this month also saw the return of the ever-popular Leytonstone Big Weekender.

On Saturday 12 September, Cathall Green hosted a family fun day while the Sunday saw a dramatic change in Leytonstone as the town centre celebrated its annual car free day.

The crowds flocking to the area were treated to a fantastic line-up of free entertainment, including top ska band The Selecter, DJ Kevin Morrish, Rags Rudi, Fruitful Earth, President Lincoln, Madness Tribute band 'One Step Behind' and much more.

This year the free Council-run event featured the grand finale of the inaugural Eat Drink Waltham Forest food festival. Funded by the Council, the week-long food festival boasted a variety of free cooking masterclasses and beer and wine tastings.

The Big Weekender also saw

the recently reopened Leytonstone Library host an official relaunch event following its £1.5million Council-funded refurbishment – showcasing some of the many events and activities it will be hosting in the months ahead.

Action-packed guide

With this copy of Waltham Forest News, you will have received the latest edition of Enjoy Life, our 'What's On' guide which highlights the huge number of things to see and do in Waltham Forest this autumn. It's packed with events taking place on your doorstep from October to December.

As you'll see, a trip to your local library will open the door to a treasure trove of activities going on each week. Celebrating Older People's Day on Thursday 1 October, Walthamstow Library will host a photographic exhibition entitled Make My Day – revealing what older people living in Waltham Forest said makes them happiest.

If you're over 60 and have always wanted to try a new creative activity you can leave a message in the exhibition's comments box and staff will see if they can put it into practice. The following day – 2 October – the new-look Leytonstone Library will launch a new film club with a screening of the 1949 British film noir classic The Third Man.

There's always something new to discover at the William Morris Gallery and Vestry House Museum. In addition to hosting an exhibition revealing its dark past as Walthamstow's workhouse, Vestry House Museum is to host a specially-commissioned piece of interactive theatre designed by E17-based Slap Haddock on Saturday 3 and Sunday 4 October, which will explore the area's past as the centre of the UK toy industry.

Coming up...

Summer may be drawing to a close, but there is still a fantastic

range of epic events and cultural celebrations to look forward to in Waltham Forest.

This October we will be celebrating Black History Month with a host of events and activities listed in our 'What's On' guide. Events include an ever popular comedy night – featuring laugh-out-loud comedians. Taking place on Friday 30 October, the event acts as the finale of the Black History Month celebrations.

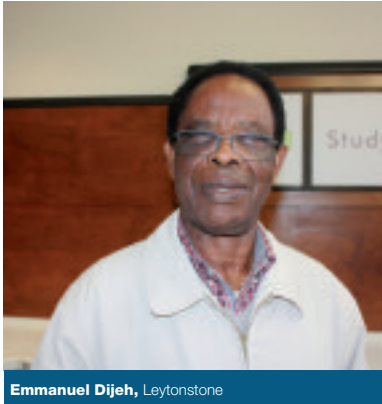
And, hot on its heels, Chestnuts Field will once again host the Council's free 5 November Fireworks to celebrate Bonfire Night with a dazzling display lighting up the skies of Waltham Forest.

More info

For more information about the events guide, visit www.walthamforest.gov.uk/enjoylife. For details about events in Waltham Forest, visit www.walthamforest.gov.uk/get-together.

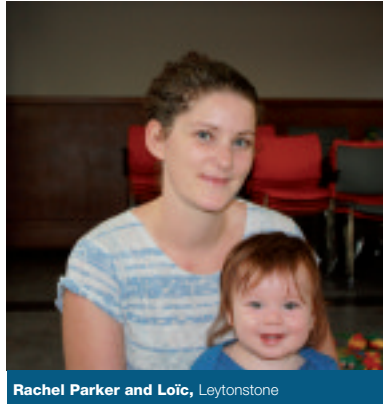
What you say

Residents tell Waltham Forest News what they think about events and activities organised by the Council to help residents enjoy a good quality of life



Emmanuel Dijeh, Leytonstone

"I think it's a good thing to put on events but it's finding the time. I've been to some of the Council's Christmas dinners, which are nice. That's something that you like to see happen. Through them, I've met new people."



Rachel Parker and Loïc, Leytonstone

"All of the children's services have been really great – the fun activities, the stuff that's provided and the fact it's free I find really amazing. Things like baby massage and stay and play – and messy play is a new thing that we are trying to do now he's old enough."



Dean Merritt, Leytonstone

"I would like to know more about courses for adults. My plan next year is to start doing stuff like that. I've just bought myself a camera so want to start learning more about photography and a friend of mine was recently looking for English lessons."



Nazia Sheikh, Leytonstone

"This year we went to the Leyton Big Weekender. I enjoyed it and my children enjoyed it very much. For me, I have four children and so being a free event is important. If the Council has the funding, I would like to see more things like that."



Family

Priority:

Help all of our residents enjoy a good quality of life

Commitment:

- Freeze Council Tax until at least 2016 and continue to fund the freedom pass scheme
- Provide young and older residents with a range of activities and support such as free swimming, holiday clubs and Christmas lunches
- Support an extensive arts and events programme for everyone, via the Council and in the community
- Maintain high quality parks, green spaces and affordable, modern leisure centres

Priority: We will keep your neighbourhood clean and safe

Priority: We will support affordable housing for everyone's needs

Priority: We will help build a strong local economy and thriving town centres

In brief

Markhouse Village

The area between Hoe Street, Selbourne Road, Markhouse Road and Lea Bridge Road will transform into a more enjoyable environment for residents through improvements to roads, public spaces and traffic reduction as part of the Mini-Holland Programme. The 'Markhouse Village' scheme is currently open for consultation and we are encouraging residents to share their views about the improvements they would like to see in the area. You can complete a short survey and the comments gathered will inform the initial design – which will be taken to public consultation next year.

• **For more information, visit www.enjoywalthamforest.co.uk/markhouse-village/**

Irresponsible idling

To improve air quality across the borough the Council has adopted powers to fine drivers who allow their engines to continue to run while being parked, a practice commonly known as 'idling'. Enforcement Officers witnessing an idling offence taking place can inform the driver to stop running their vehicle's engine. If the driver refuses to obey they may receive a £20 fixed penalty notice, which increases to £40 if not paid within 28 days. The Council is working on an anti-idling project with eight primary schools in poor air quality areas, to help reduce their exposure to pollution. This will involve engagement with children, teachers and parents, and possible idling enforcement action to help improve the air quality for our future generations.

• **For more information, visit www.walthamforest.gov.uk/parking.**

New CPZs

New Controlled Parking Zones (CPZs) will be introduced in Walthamstow and Leyton in mid-November following the result of community consultations. CPZs are only introduced in areas where there is an overall majority of properties in support of the proposal. The northern half of Upper Walthamstow Road responded in support for the proposal of CPZ controls being introduced between 10am to 4pm, Monday to Friday. Leyton's Whipp's Cross South area will see CPZ operating hours extended to 9am to 6pm, Monday to Friday and Theydon Street will become permit-only parking between 8am and 6.30pm, Monday to Saturday.

• **For more information, visit www.walthamforest.gov.uk/parking.**



(l-r) Jane Sherry, Mini-Holland Project Officer for Waltham Forest Council, Design a Sign Competition winner Malika Arshad, who picked up the award on behalf of Walthamstow School for Girls, and Noah Fisher from Mamachari Bikes, in Forest Road

Cycling celebrations

- **Mini-Holland Programme acknowledged at inaugural National Cycling Planning Awards**
- **Walthamstow Town Hall hosted 2015 London Cycling Show industry event**

Following the Mini-Holland Walthamstow Village launch on Monday 14 September, participants cycled their way to Waltham Forest Town Hall to attend the inaugural National Cycling Planning Awards.

Organised by Landor LINKS, the awards celebrated and acknowledged businesses and government organisations who demonstrate a commitment to improving cycling within the country.

With more than 100 awards entries submitted, there was fierce competition for the eight categories, which were judged by a panel of respected figures from the world of cycling. The winners were announced by chair of the panel, Philip Darnton, executive director of the Bicycle Association.

The awards included two

Council-driven categories which were open to Waltham Forest schools. Sir George Monoux College was the recipient of the 'Active Travel' award and Walthamstow School for Girls took the prize for the 'Design a Sign' competition.

Meryl Davies, Headteacher at Walthamstow School for Girls, said: "We're proud to be the recipients of the 'Design a Sign' competition. The prize will enable us to implement £3,000 worth of bicycle parking, giving more of our students the option to cycle to and from school safely and securely."

The Council's Walthamstow Village Trial as part of the Mini-Holland Programme was named the winner in the 'Best Innovation – Use of technology or new technique' award category.

The Mini-Holland Programme was

also a finalist in the categories of 'Best Cycle Network Infrastructure Project' and 'Best Cycling Network Strategy'.

Cllr Clyde Loakes, Deputy Leader of Waltham Forest Council, said: "It is a great honour to be named as the winner of the Best Innovation category. Our Mini-Holland Programme is at the forefront of championing safe and accessible cycling and pedestrian options and it's great to be recognised for our hard work to date."

"I'd like to congratulate all the other award recipients and nominees from the evening, the future of cycling in London certainly looks bright."

Waltham Forest Town Hall Complex also played host to the 2015 London Cycling Show on Tuesday 15 September.

Hosted in partnership with

Landor LINKS, the London Cycling Show is an industry event which featured a range of guest speakers, case studies, panel discussion and exhibitions on the latest in cycling infrastructure, products and projects.

More than 300 delegates had the opportunity to share best practice in design, discuss common challenges, opportunities, and network with each other.

The event provided a great opportunity to showcase the Council's ground-breaking £30million Mini-Holland Programme to fellow industry-leaders from across Europe.

More info

For more information on Waltham Forest's Mini-Holland Programme visit, www.enjoywalthamforest.co.uk.

Dogs sniff out illegal tobacco

- Sniffer dogs find 16,000 illegal cigarettes in two local shops
- Illegal cigarettes are a serious health risk



A joint operation between the Council's Trading Standards team and HM Revenue & Customs (HMRC) uncovered a haul of illicit goods including more than 16,000 cigarettes, 2kg of rolling tobacco and even a stash of 'Viagra' tablets.

The operation using sniffer dogs took place on Thursday 3

September, following intelligence that the shop was selling non-duty paid foreign cigarettes.

The sniffer dogs found 14,300 illicit foreign cigarettes at Food & Wine (168 Hoe Street, Walthamstow), which had been concealed among canned drinks, sweets and chocolate. The dogs were not to be denied, despite the owner spraying

disinfectant in a desperate attempt to throw them off the scent.

At Asya Food Centre (13 St James' Street, Walthamstow) the dogs tracked down 2,440 foreign cigarettes and 2kg of rolling tobacco – all non-duty paid and hidden behind the stock room.

Trading Standards Officers also seized 400 boxes of Sildenafil Citrate tablets (sold as Viagra) which were found on display for sale behind the shop counter. Viagra is a prescription-only drug that cannot be sold over the counter. The matter has been referred to the Medicines and Healthcare Products Regulatory Agency.

The tobacco found in both shops was seized by HMRC, who will take appropriate enforcement action. Trading Standards will now work with the Council's licensing department to determine how this will affect the shops' licences.

"The owners of these shops will have their tails between their legs after a visit from the sniffer dogs", said Cllr Clyde Loakes, Deputy

Leader and Cabinet Member for Environment.

"Joking aside, the amount of illegal goods seized during this operation is quite shocking, and we'll do everything in our power to stamp it out in Waltham Forest. I hope this serves as a warning to any trader who thinks they can brazenly flout the law to make a quick buck.

"Tobacco smuggling represents a significant threat to public health, and undermines the national drive to reduce smoking, especially among young people. It also affects legitimate retailers who struggle to cope with cheap prices, not to mention the links with large scale crime."

Four other premises were visited as part of the operation, but were not found with any illicit tobacco.

More info

To report the sale of illegal tobacco, phone **020 8496 3000** or email trading.standards@walthamforest.gov.uk.

In brief



Mayor of Waltham Forest, Cllr Saima Mahmud, congratulates Sue Jewell, Elizabeth Tomlinson and Claudette Brown

Garden win

Mayor of Waltham Forest, Cllr Saima Mahmud, paid a visit to Harrow Green earlier this month to congratulate the winners of a local gardening competition. Green-fingered residents living in Cann Hall and Cathall wards were encouraged to spruce up their front gardens by the South Leytonstone Area Development Association (SLADA) to show pride in their neighbourhoods and do their bit to help improve the area. Cann Hall's Sue Jewell took first prize for her garden, which was full of colourful flowers and English Red Roses. Cathall resident Claudette Brown was named runner up, while Cann Hall resident, Elizabeth Tomlinson, came in third. The three each received a certificate and cheques for £250, £150 and £100 respectively.

• For more information email rupert.alexander9150@yahoo.com.

YES you can

Recycle from your flat

Did you know that 70% of household waste is recyclable?

If you live in a flat, you can recycle too. We collect tins, cans, mixed plastics, mixed glass, paper, card, cartons, plastic bags and more.

Recycling bins are located near flat entrances or refuse bins.

Collect recyclables in your green bag.



When your bag is full, empty it into the mixed recycling bin.



Mixed plastics ✓



Mixed glass ✓



Paper and card ✓



Tins, cans and trays ✓



Plastic bags ✓



Cartons ✓

To find out when your recycling collection day is visit www.walthamforest.gov.uk/recycling

To order your replacement reusable recycling bag phone 020 8496 3000



GREAT EXERCISE

CLEANER AIR

HEALTHY CHOICE

WALK CYCLE ENJOY

enjoy
WALTHAM FOREST

MINI-HOLLAND, GETTING YOU WALKING AND CYCLING

1/4
OF PRIMARY SCHOOL CHILDREN IN WALTHAM FOREST ARE CLASSIFIED AS OBESE.

IF CARS ON THE SCHOOL RUN EACH DAY WERE PARKED END TO END, THEY WOULD STRETCH FROM WALTHAM FOREST TO WEMBLEY STADIUM



WALTHAM FOREST

WEMBLEY STADIUM

www.enjoywalthamforest.co.uk

#wfminiholland

TRANSPORT FOR LONDON

MAYOR OF LONDON

Waltham Forest

Leytonstone Library



Your new Leytonstone Library Plus, Church Lane E11, is now open – come and see the changes:

- Modernised spaces that embrace the architectural splendour of the Grade II* building.
- A comprehensive, enjoyable and informative range of children's teenage and adult books to meet local needs.
- Access to a wide range of Council customer services.
- Improved digital and internet access, with PCs, ICT, Wi-Fi plus copying and printing facilities.
- Flexible spaces to accommodate a wide range of activities and events.
- Dedicated study areas.

For more information please visit www.walthamforest.gov.uk/libraries or call **020 8496 3000**

Or visit the Harrow Green Community Library run by volunteers at the Epicentre, 41 West Street E11 4LJ.

Saturday 11am–2pm,
Monday 11am–4pm
and Thursday 3pm–7.30pm see harrowgreenlibrary.wordpress.com



Chingford



All residents are invited to the Chingford Royal British Legion's Breakfast Club on Wednesday mornings

Veterans salute Breakfast Club

- The Chingford Royal British Legion invites veterans to join them for a free breakfast every Wednesday
- Non-vets are also welcome to attend, and pay just £2.50 for their full English

They say there's no such thing as a free lunch; but armed forces veterans living in Chingford will be pleased to hear they can instead enjoy a free breakfast every Wednesday.

That's thanks to the Chingford Royal British Legion's Breakfast Club scheme, which has fed dozens of ex-servicemen and women since it launched in July.

Initially planned for a three-month stint, the Club has proved so popular that it is hoped it will now continue until at least January. Breakfast is free for veterans of the armed forces, while residents pay just £2.50 per person.

You can give hunger its marching orders and enjoy cereal and juice, followed by a 'Full English'. There's even toast and marmalade to follow, and plenty of tea and coffee to wash it all down.

Sharon Bonner, Royal British Legion Community Fundraiser for North East London, told Waltham

Forest News: "Earlier in the year our Chairman attended a Royal British Legion conference, and decided that he wanted to do something to help improve local veterans' lives.

"Our volunteers got together to discuss what we could offer, and we decided to run a weekly group for veterans to meet and socialise.

Volunteer and army veteran, Steve Newson, added: "We thought that a coffee morning might work, but then I hit upon the idea of holding a breakfast morning to offer something a bit different. We gathered some willing volunteer cooks, and the first breakfast was served on 1 July.

"We were worried that it wouldn't take off, but each week more and more people have come along. Initially, the scheme was for veterans only, but several people asked if they could join us and pay for their breakfasts. We now have around 25 visitors each week.

"I'd really encourage you to join us for breakfast. Sitting and talking

with other local people is a great way to stay up to date with what's happening in the community."

Chingford residents Mick Cassidy, Peter Onslow and David Lendum have attended the Breakfast Club together for several weeks.

Mick said: "I'm not a veteran, but I have been coming along since the Breakfast Club started and I think it's a great idea."

Peter added: "I really like coming here, you get a good breakfast and it's a great place to catch up with friends and chat to the veterans."

David said: "The atmosphere is always very welcoming and relaxed, and I'd encourage other local people to come down."

The Breakfast Club is run by a dedicated group of volunteers, many of whom also raise money for the Royal British Legion by selling poppies during the annual Poppy Appeal.

Sharon added: "We would be very happy to hear from anyone

who would like to volunteer or help in other ways, such as donating food, supporting the Poppy Appeal or coming to our events."

The Chingford Royal British Legion will host a black tie dinner dance to launch the Poppy Appeal on Friday 23 October. The event takes place at Walthamstow Assembly Hall (Forest Road, E17 4JA) from 7pm onwards and attendees can enjoy a four course meal and dancing to Todd Miller and The Joe Loss Show Band. Tickets cost £38 per person, or buy a table of ten for £360.

The Breakfast Club meets every Wednesday in the Back Hall at The Royal British Legion Chingford (67 Hall Lane, E4 8HW). You can drop in any time between 8.30am and 10.30am.

More info

For more information, phone Sharon on 020 8524 8373 or email sbonner@britishlegion.org.uk.

In brief

Halloween Disco

'Ghouls' and boys aged four to 11 can enjoy a spooktacular Halloween at a special disco party next month. Organised by community stalwart, Irene Bull, the event takes place at Chingford Assembly Hall (The Green, Station Road, E4 7EN) on Friday 30 October from 5pm to 8pm. As well as a disco, and musical games from children's entertainer Sally Squiggle, there will be a range of stalls selling everything from sand art and glow sticks to food, drink and face painting. There will also be a tombola with 'Frozen' and super hero themed prizes. Entry costs £6 per child and £4 per adult. All children must be accompanied by an adult.

• For more information, phone 020 8559 4500 or email irenebull@hotmail.co.uk.

Highams Park Picnic

A picnic organised by the Friends of The Highams Park (FOHP) and the Highams Residents Association proved a great success, attracting more than 1,000 residents. The event took place next to Highams Park Lake on Sunday 6 September and there was plenty of Victorian-themed fun for the whole family with welly wanging, egg and spoon and three-legged races and a coconut shy. A live jazz band provided background music and stalls sold Chingford honey, homemade cakes, arts and crafts, balloon artistry and face painting. A raffle, with prizes donated by local shops and businesses, raised more than £700, which will be spent on new play equipment in the park for older children.

• For more information, visit www.fothp.org.

Black History Month

A special community event to mark Black History Month will take place at St Edmunds Church Hall (Larkswood Road, E4 9DS) on Saturday 10 October, and local people are urged to come along and celebrate. As well as a chance to sample world foods and watch an African head tie demonstration, you can browse stalls featuring books by black authors, health information and a 'Black Hall of Fame' display. Local children will take part in a flag parade and there will also be live music, poetry, dance and more. The event takes place between 12noon and 8pm. Admission is free.

• For more information, email Merle Huskisson merle60@googlemail.com.

Sports and fitness

Walk for Women

Mondays, 10–10.45am

Lloyd Park, Off Forest Road, Walthamstow, E17 4PP

Enjoy autumn's colours and say no to winter blues with a weekly walk in the park. Improve your health and well-being by enjoying a walk to suit your pace and a friendly chat. Buggies welcome. Meet outside the park café (by the play area in the middle of the park). **For more information, email ellie.mortimer@walthamforest.gov.uk, phone 020 8496 2822 or visit www.walthamforest.gov.uk/lloyd-park.**

Massage Therapy

Mondays, 2.30–9.30pm

The Score Centre, 100 Oliver Road, E10 5JY
Rejuvenate your body and mind. Give yourself a break from the busy London lifestyle with a professional massage tailored to your needs. Treatments include deep tissue massage, holistic massage and reiki. Fully qualified and insured practitioner with 12 years' experience. £45 per hour, 10 per cent off first booking. Cash or cheque only. **For more information, or to book, phone Sabrina on 07521 476 573, email zenfalco@hotmail.co.uk or visit www.zenfalco.com.**

General Level Pilates

Thursdays, 7–8pm

Leyton Parish Church Hall, Lindley Road, E10 5PY

Drop-in Pilates classes for all. Classes cost £10 and mats and small equipment are provided. Alison, the teacher, is highly qualified and experienced and has been teaching for 15 years. Pilates can improve your strength, flexibility, balance, coordination, bone density, reduce pain and encourage relaxation. **For more information, email alison.bray@gmail.com or visit www.facebook.com/abpilateslondon**

BollyFusion Dance Workout

Tuesdays, 7.45–8.30pm

St Mary's Welcome Centre, 8 Church Path, E17 9RJ

Is your usual workout a little mundane? Then try this exciting, energetic class that leaves you feeling amazing! BollyFusion combines Bollywood with street dance, to breathe new life into your fitness routine, in a fun and friendly environment. No dance experience necessary. First class free, then £6 per class in advance or £7 on the door. **For more information, email info@khyalarts.org.uk or visit www.khyalarts.org.uk.**

Capoeira for Beginners

Wednesdays, 7–8.30pm

St Michael and All Angels, Northcote Road, E17 6PQ

Capoeira is a Brazilian martial art that combines elements of music, culture and

folklore. This is a friendly, fun and relaxed class for beginners, but all levels are welcome. Ages 14 and over. Drop in class £8. No need to book in advance. **For more info, email olorumcapoeira@gmail.com, visit www.olorumcapoeira.com or phone 07977 123 581.**

Vinyasa Yoga

Monday, Tuesday, Thursday and Friday, 9.30–10.30am

Leyton Yoga, 691 High Road Leyton, E10 6RA

These gently-flowing yoga classes link moving postures (asana) with vibrant, conscious breath (pranayama) and lead to deep relaxation. Yoga Flow nurtures a growing sense of fluidity, ease, strength and flexibility in both body and mind. Open to all levels. Classes are drop-in, with no need to pre-book. £10 or ten classes for £90. **For more information, email leytonyoga@gmail.com or visit www.leytonyoga.com.**

Mum and Baby Yoga Class

Every Monday, 11am – midday

Leyton Yoga, 691 High Road Leyton, E10 6RA

This is a gentle post-natal yoga class to support mums through their first months of motherhood while bonding with their little ones. Babies from 4 weeks old until crawling age are welcome. Tea and feeding time for mums and babies after every class. Classes are drop-in, with no need to pre-book. Cash only. £10 or a ten-class pass for £90. **For more information, email leytonyoga@gmail.com or visit www.leytonyoga.com.**

Donation Yoga for all bodies

Tuesday and Saturday mornings

United Reformed Church, 58 Orford Road, E17 9QL

Come and experience 75 minutes of yoga bliss, releasing stored tensions in the body, start to recognise habitual postural patterns we hold that cause aches and pains and move with the breath to loosen up stiffness, develop strength and learn how to relax deeply. **For more information, email enquiries@yoyoga.co.uk or visit www.yoyoga.co.uk.**

Hung Kuen Kung Fu Association

Mondays and Thursdays, 7.15pm

283–285 Wood Street, E17 3NR

Join us for authentic Shaolin Kung Fu classes. Our group was established in 1979 and we are lifetime members of Hong Kong Chinese Martial Arts Association and the World Lion and Dragon Dance Association. Children's classes are available on Thursday evenings. **For more information, phone 07825 155 705 or email anglezap@hotmail.com.**

Ladies Tap Dancing Classes

Thursdays from 12.15pm

St Edmund's Church Small Hall, Larkswood Road, E4 9DS

Beginners' classes start at 12.15pm, with

improver's sessions from 12.30pm. Classes are also available on Tuesday evenings. £4 per class. **For more information phone Mandy on 07976 786 404 or 01992 524681.**

Zumba® with Chloe

Tuesdays, 7pm

Walthamstow School for Girls, Church Hill, E17 9RZ

Wear low tread, supportive trainers and bring a bottle of water to enjoy this exhilarating dance fitness class in a low pressure atmosphere. £5 drop in, discount available for advance payment. **For more information phone 07903 629 636, email Chloe@dancechloe.com or visit www.DanceChloe.com.**

Circuits with Chloe

Tuesdays, 8.15pm

Walthamstow School for Girls, Church Hill, E17 9RZ

A high impact exercise class for men and women who want to improve strength and stamina. Aiding weight loss and muscle tone in a friendly environment with variations for all levels. £6, drop in. **For more information phone 07903 629 636, email Chloe@dancechloe.com or visit www.DanceChloe.com**

Prenatal Yoga

Mondays, 6.45–8.15pm

Quaker Meeting House, Bush Road, E11 3AU

Saturdays, 10–11.30am

29 Forest View Road, E17 4EJ

This on-going course is for women from 14 weeks pregnant, and covers Active Birth principles as well as integrating yoga, breathing, relaxation, positions for labour and birth and visualisation. **For more information, visit www.arlenedunkley-wood.co.uk, email info@arlenedunkley-wood.co.uk or phone 07976 903 003.**

Yoga for Healthy Backs

Mondays, 8.30–9.30pm

Quaker Meeting House, Bush Road, E11 3AU

This 12-week course is designed for people who have non-specific back issues. The course was trialed by York University and accredited by Arthritis UK. The program gives you skills on using breathing, postures and relaxation tips to help you manage your particular issues. Maximum class size of six people, to ensure safety and personal attention. **For more information, visit www.arlenedunkley-wood.co.uk, email info@arlenedunkley-wood.co.uk or phone 07976 903 003.**

Gentle Yoga

Mondays, 6–7pm

The Mill, 7–11 Coppermill Lane, E17 7HA

Great for beginners, people with health issues, newbies or anyone wanting a nice small, friendly relaxing yoga class. We learn simple physical poses that improve posture and physical and mental wellbeing then have a calming relaxation to finish. £10 drop in, or £9 with a loyalty card. Private lessons available. **For more information, and to book, email josettayoga@hotmail.co.uk or phone 07554 440 499.**

Ashtanga Yoga

Mondays, 7–8.30pm

The Mill, 7–11 Coppermill Lane, E17 7HA

A fast-flowing dynamic yoga class for emotional and physical wellbeing. Great for cleansing, increasing fitness, flexibility and balance, with a calming relaxation to finish. £11 drop in, or £10 with a loyalty card. Private lessons available. **For more information, and to book, email josettayoga@hotmail.co.uk or phone 07554 440 499.**

Waltham Forest Reiki Project

Tuesday 6 October

18A Orford Road, E17 9LN

Reiki is a form of healing that works with the life force energy that flows through all living things. When one's energy is free flowing without blocks one is in balance both physical and emotionally. This is a non-profit project and our aim is to bring healing to the masses. Donations go towards room hire and tea/coffee. Have an open mind, come along and see what we can do for you. **For more info, email walthamforestreikiproject@gmail.com or phone 07940 260 558.**

Fitness and Nutrition Classes

Wednesdays; 7–8pm, fitness classes and 8–8.30pm, nutritional classes

Queen Elizabeth II Jubilee Centre, 440 Cathall Road, E11 4LA

Want to improve your health, lose weight, or learn how to eat more healthily? Fitness classes are £4.50 a class, or four for £16 if paid in advance. Nutritional classes are £2.50. Different variations for all levels. First class only £1 each. Personal training sessions are also available at £25 an hour. The fitness classes are women only. **For more info, phone 07799 944 297, email Sarahfaith2010@hotmail.com or visit www.sarahlovefaith.wordpress.com.**

Clubs and community

Good Life Club

Every Wednesday, 1–3pm

Jubilee Hall, Greenleaf Baptist Church, Greenleaf Road, E17 6QQ

A club for residents aged 55 and over. Join us for speakers, quizzes, videos and social events. Entrance £2, including refreshments. **For more information, email geraldine.miller10@ntlworld.com.**

Affordable Psychotherapy in English and Spanish

Monday to Friday, 9am to 8pm

Near St James Street Station

Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. **For more information, phone 07912 887 588, email info@valerianonfiglio.co.uk or visit www.valerianonfiglio.co.uk.**

Quiz Night

Saturday 10 October, 7.30pm

Leyton Orient Supporters Club, West Stand, Matchroom Stadium, Oliver Road, E10 5NF
Come along and test your grey matter at this quiz night, which will include a fish and chip supper. Tickets cost £10 each. If you are interested, please send an email using the subject 'Club quiz night' so we can judge demand for the event. **For more information, email etonmanorac2013@gmail.com.**

Bridge Lessons for Beginners

Mondays from 26 October, 7.30–9.30pm

22 Horsley Road, Chingford, E4 7HX

Bridge is a game of skill and chance played by four players who form two partnerships. Bridge can be a lifelong pursuit and a learning process that never ends. It is a social card game that includes strategy, trust and teamwork. It is also a great way to sharpen your memory and exercise the brain. **For more information, visit www.eastlondonbridge.co.uk or phone Ray on 020 8281 8376.**

Free ESOL Course

Wednesday and Thursday, 1–3pm

Chingford Children's Centre, 5 Oak Grove, E4 6EY

Do you have children aged under five? Do you need to find work? Do you need to improve your English? If you answered yes to these questions, then please get in touch and find out more about our ten week intermediate English language course. A free crèche is available. **For more information phone 020 8496 1551, visit www.chingfordchildrenscentre.org or email lingard.jo@gmail.com.**

Harvest Flower Festival

Saturday, 3 October, 10am – 1.30pm

Greenleaf Road Baptist Church, Greenleaf Road, E17 6QQ

You're invited to come along and join us at this special time of the year. There will be flower and harvest displays and our Time Out Café with sales of teas, coffees, homemade cakes, as well as hot and cold snacks for you to enjoy. Funds raised will go to the Nepal Earthquake Appeal and Aftercare. All are welcome! **For more information phone Beverley.on07519874649, visit www.greenleafbc.wordpress.com or just come along!**

Learning for the elderly and disabled

Thursday 24 September, 12–2pm

Cornerstone Church Hall, Canterbury Road, E10 6EH

Music therapy, relaxation and physical philosophy learning sessions for the elderly and disabled people in the Forest Ward area of Leyton to help them learn new skills and make new friends. Includes a healthy sit-down lunch. **To book a place, phone Sandra.Rigobert@07599937114.**

Black History Month Celebration

Saturday 10 October, 12–8pm

St Edmund's Church Hall, Larkswood Road, E4 9DS

Come and celebrate this community event with your friends. There will be a number of interesting stalls to browse, including an exhibition of books by black authors, African headwrap demonstrations, a selection of world foods and health awareness information. Entertainment will include children bearing flags, steel bands, poetry, music, dancing and much more. **A grand opening will take place at 2pm, with Jennette Arnold OBE AM and Reverend Lesley Goldsmith.**

Culture and crafts

Woodhouse Players presents Little Women

Friday 25 September, 8pm and Saturday 26 September, 2.30pm and 8pm

Welsh Church Hall, 881 High Road Leytonstone, E11 1HR

Generations of readers have laughed and cried as they followed the adventures of the four March girls; growing up in New England against the background of the American Civil War. The Saturday matinee will be BSL-interpreted. Tickets cost £8 or £5 for concessions when booked in advance, or £9 and £6 on the door. **To book tickets, visit www.woodhouseplayers.co.uk, phone 020 8504 3872 or email tickets@woodhouseplayers.co.uk.**

RE:HAB Presents – Open Mic Night

Sunday 27 September, 5.30–9.30pm

Wild Card Brewery, Unit 7, Shernhall Street, E17 9HQ

RE:HAB Presents London's premier open mic night. Come down on the last Sunday of every month and get your dose of musical therapy. Free entry and one free drink per performer. **For more info follow us on Twitter @rehabpresents or visit www.facebook.com and search 'RE:HAB'.**

Sing at The WO

Every Monday, 7.30–9pm

The Warrant Officer, 318 Higham Hill Road, E17 5RG

Join our community choir. Absolutely no auditions, all abilities welcome. Raise your voice and lift your spirits as part of an adult choir where you call the tunes. Join us for a free 'taster' session, then pay £6 per session in advance or £7 pay-as-you-go. **For more information, email singattheWO@gmail.com or phone Laura on 07813 686 980.**

Jewellery Making Workshops

Saturdays and Sundays

124 Farnan Avenue, E17 4NH

Join our taster workshop on Saturday 26 September to have fun learning a variety of bead and wire jewellery-making techniques. Other workshops include making sun catchers, enamel flowers and wire crochet. Most workshops are suitable for beginners. Booking is essential. **For more info, or to book a place, phone Birgit on 07910 251 629 or visit www.beyondbeading.co.uk.**

Absofab vintage event

Sunday 27 September, 11am–4pm

Warrant Officer, 318 Higham Hill Road, E17 5RG

For nearly all your fab vintage, retro, kitsch fashion, homeware, music, accessories and more. Cool stalls bursting with interesting goods. Entry is free. **For more information, or to book a stall, phone 07956 221 710.**

CAOS Music Society

Tuesdays and Thursdays, 7.30–10pm

Waltham Forest College, 707 Forest Road, E17 4JB

We wish to recruit singers, dancers and actors for our Christmas Revue, which will take place on Friday 4 and Saturday 5 December and our next major production of 'Fiddler on the Roof' in July 2016. Principle cast members should attend on Tuesdays, and chorus members on Thursdays. **For more information, phone 020 8539 9474, email damedoreen@yahoo.co.uk or visit www.collegeoperatic.co.uk.**

E17 Guitar Club

Saturdays, 12noon

Hombeam Café, 458 Hoe Street, E17 9AH

Guitar playing and performing fun for adults of all abilities. Multi-skill groups and beginners courses. Pay £52 for a half term of six, 40 minute lessons. Drop-in £10. **For more information, phone Christian on 07958 471 083, email chris@e17guitar.com or visit www.e17guitar.com.**

Tony Stace Electronic Keyboard Concert

Wednesday 14 October, 7.50pm

Wanstead Library, Spratt Hall Road, Wanstead E11 2RQ

The talented Tony Stace will play a variety of music for all tastes, including music from shows, TV, classical and big band. The concert is enhanced by way of projection equipment. There will be refreshments and raffle in the interval. Entrance costs £7 for adults and £1 for under 16s. **For more information phone Derek on 020 8530 3717 or visit www.organfax.co.uk/clubs/eastlondon.html.**

Strung Out violin groups for adults

Tuesday and Thursdays,

Studio Office, Quaker Meeting House, 1a Jewel Road, E17 4QU

Strung Out is a fun violin group run by professional musician Alison Jones who has over 30 years of performing internationally. If you wish to play with like-minded people in a relaxed atmosphere, please contact us. All styles of music welcomed. **For more information, email strungout@shapeshifter-productions.com, visit www.shapeshifter-productions.com or phone 020 7018 2927.**

E17 Jazz

Tuesday 27 Oct, 8.30–10.30pm

Gnome House, 7 Blackhorse Lane, E17 6DS

The award-winning E17 Jazz Collective presents concerts on the last Tuesday of each month featuring local musicians of national renown, plus exciting guest stars in a relaxed jazz club setting. **For more information visit www.e17jazz.com/whatson.**

Banjo Classes for beginners

Mondays, 7.30pm

Studio Office, Quaker Meeting House,

1a Jewel Road, E17 4QU

Professional musician, Dick Smith, teaches five-string Banjo classes in three finger bluegrass style picking. Start from scratch and develop your banjo skills in a relaxed and fun environment. £12 per class – when paid in advance by term. **Places are limited. For more information, phone 07745 052 525 or email info.banjosmith@gmail.com.**

Ukulele Classes for beginners

Saturdays

Studio Office, Quaker Meeting House, 1a Jewel Road, E17 4QU

Try the ukulele with an experienced, professional musician in a fun and relaxed environment. Instruments not provided. £10 per class – when paid in advance for the term. Places are limited, so book now. **For more information, phone 07745 052 525 or email info.banjosmith@gmail.com**

E17 Designers' Autumn Market

Sunday 11 October, 2.30–6pm

Asian Centre, Orford Road, E17 9LN

Stop, shop and socialise with your favourite artists, designers, makers at our regular autumn event. £2 entry includes a free drink from Burgess and Hall and goody bag draw! **For more information, visit www.e17designers.co.uk.**

Children and young people

Children's Halloween Disco

Friday 30 October, 5–8pm

Chingford Assembly Hall, The Green, Station Road, E4 7EN

A party disco, primarily for children aged four to 11, featuring entertainment from Sally Squiggle. On sale will be refreshments, food, sweets, sand art, a 'Frozen' and super hero tombola, toys and glow sticks. Younger children may attend, but still need a ticket. All children must be accompanied by an adult. Entrance costs £6 for children and £4.50 for adults. **For more information, to buy tickets or book a stall, phone 020 8559 4500, email irenebull@hotmail.co.uk or visit www.chingfordvillagefestival.info.**

Avola Dance Academy

Days and times vary

Sherm Hall Methodist Church, Shernhall Street, E17 9HX

Ballet, tap and freestyle dance classes for school age children. IDTA qualified teacher.

For more information, phone 07814 781 642 or email avoladance@hotmail.co.uk.

Melody Movement

Friday mornings

Sherm Hall Methodist Church, Shernhall

Street, E17 9HX

The only Melody Movement school in Waltham Forest, offering dance and movement from age two. Includes dance, movement, dressing up and music. Collect stickers to complete a work card, on completion of 12 lessons, a medal is received. £5 per week. Places are limited, so please book in advance. **Phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk.**

Kathak Kids

Wednesdays, 4.15–5pm

Lea Bridge Library, Lea Bridge Road, E10 7HU

Kathak Kids takes a modern approach to classical Indian dance, combining structure and fun. Traditional ankle bells enhance rhythmic play and expressiveness. Storytelling fires your child's imagination in this supportive and enjoyable learning environment. £4 per class when booked in advance, or £5 drop in. **For more information, email info@khyalarts.org.uk or visit www.khyalarts.org.uk.**

E17 Junior Guitar Club

Saturdays, different levels and times

Hornbeam Café, 458 Hoe Street, E17 9AH

Guitar playing fun for children of all abilities, aged 6 and over. Pay £52 for a half term of six 30 minute lessons. Different levels and times. Also weekday groups after school near Wood Street. **For more information, phone Christian on 07958 471 083, email chris@e17guitar.com or visit www.e17guitar.com.**

Learn to play Junior Ice Hockey

Tuesdays and Fridays, 7.15–8.15pm

Lee Valley Ice Centre, Lea Bridge Road, E10 7QL

We are Lee Valley Junior Ice Hockey Club – based at the Lee Valley Ice Centre. Our course develops young people aged five to 19 and helps them enjoy this exciting sport. A free one week taster session is available.

For more information, phone Eddie Joseph on 07958 743 680.

Community Ward Forums

Higham Hill Ward

Saturday 26 September, 3.30–5.30pm

Higham Hill Hub, Higham Hill Park, E17 5QT

Chingford Green and Endlebury Wards

Monday 28 September, 7.30–9.30pm

Chingford Assembly Hall, Station Road, E4 7EN

Cann Hall Ward

Tuesday 29 September, 7.30–9.30pm

Cann Hall Methodist Church, 296 Cann Hall Road, E111 3NL

Council Meetings

Tuesday 22 September

Pension Fund Committee, 7pm

Tuesday 29 September

Audit and Governance Committee

All meetings are held at Waltham Forest Town Hall and start at 7.30pm, unless stated otherwise. Dates and times are subject to change.

Tell us what's on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

Free internet access is available at all libraries in the borough.

The deadline for Monday 19 October edition is Friday 2 October

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

Please send your listing requests in the body of an email, formatted as shown on these pages.

RUSHCROFT FOUNDATION SCHOOL

Member of the Chingford Academies Trust

Rushcroft Road, London E4 8SG

11 – 16 years mixed, plus specialist 6th form

Chief Executive Officer: Mr M Morrall, M.A., M.Ed.



Open Evening
Monday 12th October 2015
6.00pm to 8.30pm

*An improved and
changing school, inspiring
a new generation*

**Governors are proud to invite
prospective parents to view our school.**

As part of Chingford Academies Trust, Rushcroft Foundation School is a vibrant educational establishment under successful new leadership.

Working with our high achieving sponsor, Chingford Foundation School, we aim to give students varied opportunities to achieve 'outstanding' academic progress in a safe, secure and stimulating environment.

You are invited to meet staff and students who will be proud to show you around our school. Experience our inspirational curriculum, diverse extension programme and aspirational students at work.

Visitors are welcome Tuesday or Thursday mornings at 9.15am.

**Please call the school
office 0208 531 9231 or
email office@rushcroft.com
to arrange an appointment.**

A detailed prospectus is
available from our website or
the school office.



www.rushcroftfoundation.org

Kelmscott School
"Putting learning first"

BEST EVER

57%

OF PUPILS RECEIVED 5+ A* - C GRADES INCLUDING ENGLISH AND MATHS

BEST EVER

74%

OF PUPILS RECEIVED 5+ A* - C GRADES OVERALL

20% RECEIVED 5+ A*/A GRADES

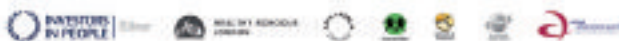
TOP 5% OF SCHOOLS NATIONALLY

Measuring the progress made by students from when they start school, up until when they leave

OPEN EVENING
Monday 21st September 2015
6pm - 8pm (last entry 7:30pm)
7pm - Our Head Boy & Head Girl will introduce the Headteacher, Mrs Parvez

OPEN WEEK
28th September - 2nd October 2015
Tour Times: 9:30am - 10:30am
11:15am - 12:15pm

For further information, please visit www.kelmscott.waltham.sch.uk - 020 8521 2115



Connaught School for Girls
A highly successful secondary school for girls aged 11 to 16 in Leytonstone, London.

Open Evening
Wednesday 30th September 2015 - 6pm to 8pm

- Car parking available in the playground off Connaught Road
- Headteacher talks at 6pm or 7pm in the school hall
- Tours of the school led by students from 6pm

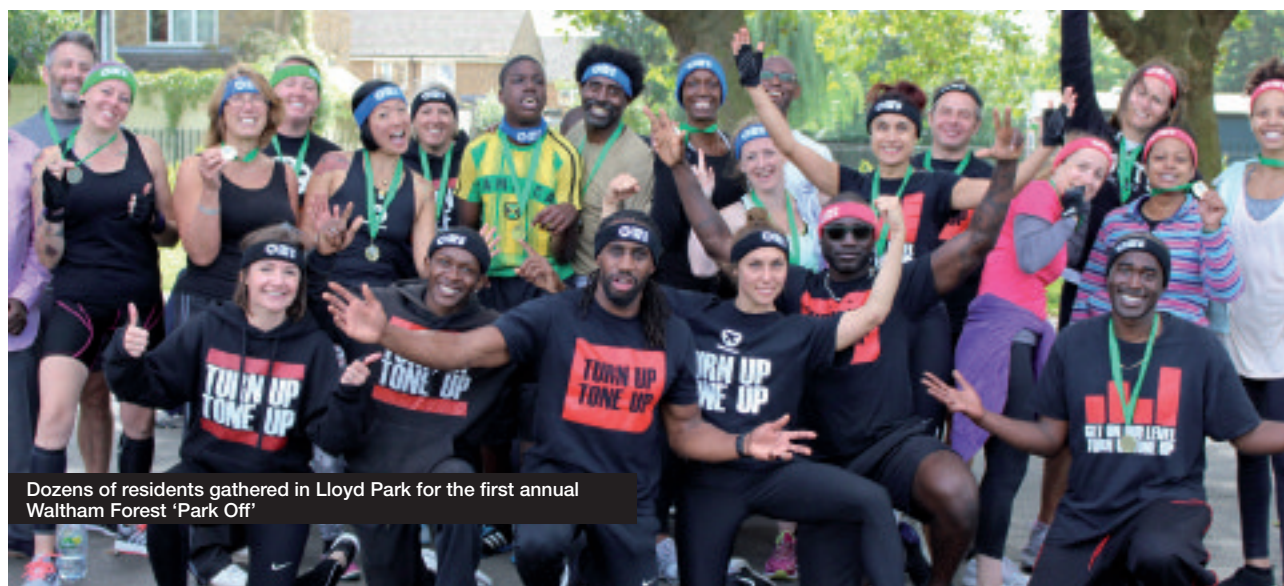
Open Mornings Tours by Appointment
Tours of the school during normal working hours throughout the week beginning Monday 28th October 2015 at 8:30am or 10:30am are available to book via telephone or the school website.

**Ofsted
GRADED
GOOD**

www.connaught-school.co.uk
Connaught Road, Leytonstone, London E11 4AB | 020 8539 3029

Fun and fitness in borough's parks

- Park users compete in fun and family-friendly community exercise competition
- Event was part of free Our Parks exercise sessions in parks and open spaces



Dozens of residents gathered in Lloyd Park for the first annual Waltham Forest 'Park Off'

Our Parks members from across the borough donned their exercise gear en masse this month to take part in the first-ever Waltham Forest 'Park Off'.

Dozens of 'Parkers' gathered in Lloyd Park (Forest Road, E17 4PP) on Saturday 12 September for the free two-hour event, which saw Our Parks members choose which local park to represent in a borough-wide exercise contest.

They could choose to compete for Lloyd Park, Leyton Jubilee Park, Langthorne Park or Ridgeway Park in challenges including a bleep test, burpee challenge, wheelbarrow race and tug of war.

Our Parks is the name given to the free outdoor activity sessions that take place in the borough's parks. You can sign up for yoga, circuit training, hula hoop fitness, BoxFit and much more. Sessions are suitable for all ages and abilities and are completely free to attend.

At the end of a fun and fitness filled Park Off, the Leyton Jubilee Park team came out on top – bagging 113 points. 'Parkers'

representing Lloyd Park finished up in second place with 97 points, Langthorne Park came third with 83 points and Ridgeway Park notched up a still-impressive 77 points.

Walthamstow resident Curtis Riley – a former 'Parker' and now a new member of the Our Parks team, said: "This was my first experience of seeing first-hand how the programme has impacted the community. The fact that you had Parkers young and old competing for their local park and having fun was amazing.

"Seeing the smiles and the community atmosphere made me proud to be a Waltham Forest Parker and part of the Our Parks team."

The Council currently funds Our Parks activities in nine different locations, while three community ward forums have decided to use their Council grant funding to pay for sessions in Henry Reynolds Gardens and Church Lane Multi-Use Games Area, in Leytonstone, and Higham Hill Recreation Ground.

And, Waltham Forest recently welcomed a new element to the

programme in the form of social sport sessions – designed to bring communities together over games of volleyball, netball, football, rugby, basketball and rounders.

Through these sessions, residents who used to play for their school sports teams but have become inactive or isolated from a friendship circle can grab the chance to get back into sport without having to pay a penny. Local clubs are helping to run the new sessions – and offer opportunities to those taking part who want to take their game further.

There are more than 5,000 local people registered with Our Parks – and together they've made 35,000 visits to sessions over the past 14 months.

Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing, said: "We're proud to have been the first local authority to pilot the Our Parks scheme. For us, its potential to help improve health outcomes for local people was clear from the outset.

"Since launching here last year,

Parkers have already told us they've visited their GP less as a result of taking part in sessions and many have said Our Parks has helped improve their quality of life.

"It's through initiatives like this, our free swimming offer for under 18s, over 60s and eligible disabled residents, and by investing in our leisure centres, that we're creating a more active borough – helping people to lead healthier and happier lives."

Featuring activities to suit all ages and abilities, including circuit training, boot-camps, women-only exercise classes and yoga, Our Parks sessions are free and funded entirely by the Council. Aside from the obvious health benefits, the scheme gives people the chance to exercise outside for free, and the social element of meeting new people is an attraction for many.

More info

To find out how you can get involved, visit www.ourparks.org.uk. Follow the Council on Twitter @wfcouncil

In brief



Thousands of children had fun thanks to Summer Daze

Summer Daze

Children and young people in Waltham Forest enjoyed a summer full of activities taking place as part of the Council's annual 'Summer Daze' programme of events. This year, it boasted more than 100 fun summer activities taking place in the borough – from recycled art workshops to cycle coaching, and music lessons to natural printing workshops. More than 4,300 children attended drop-in sessions in schools. And a further 3,700 places were available at multisport and performing arts programmes, which were run by local performing arts company X7eaven, Leyton Orient FC and the Tottenham Hotspur Foundation at four locations across the borough. Summer Daze is part of the Council's commitment to help families by providing children and young people opportunities to engage in positive activities, develop their skills or learn new ones. It caters for anyone in the borough aged five to 19 and up to 25 years for young people with special educational needs and disabilities. The programme also part-funds 20 schools to enable them to provide holiday schemes for their pupils.

• Find out the most up to date information about activities via the Children and Young People Directory, visit www.walthamforest.gov.uk/cypd.

Smokefree vehicles

Public Health England is reminding motorists that a change in the law in England and Wales will soon make it illegal to smoke in vehicles with someone under the age of 18 present. The regulations, which are designed to protect children from the dangers of secondhand smoke, will come into effect on Thursday 1 October 2015. And with Stoptober – the national 28 day stop smoking challenge – also returning in October, there's never been a better reason to quit.

• For more information and free, proven support to help you quit, visit www.nhs.uk/smokefree. Free internet access is available at Waltham Forest Libraries.

14 Responding to the Syrian Crisis

Like many of our residents we are concerned about the desperate plight of Syrian refugees. And whilst we already house the third highest number of refugees in London – we stand ready to extend this support to families fleeing Syria.

We are working with other London boroughs and have offered to accept 10 families, providing them with a safe and decent home along with the support they need to access health, education and job opportunities. This is as part of the Government's commitment to accept up to 20,000 refugees from now until 2020 – 4,000 a year – taking refugees directly from camps in Syria, Turkey and Jordan.

Obviously this won't be easy. House prices are soaring, we have the second highest rate of homelessness in London and we are spending £6.5million each year on temporary and emergency accommodation. That is why we are continuing to ask the Government for help to meet this extra demand.

We have always known that Waltham Forest is a kind and caring place to live and it has been great to see people from all walks of life coming together to offer their help and support. We are directing people towards reputable charities that are working on the ground and are providing local charities and community groups with practical support.

And if people have offered a spare room and want to help refugees then they should think about fostering as the best way to play their part. We are already fostering many young refugees and are always looking for loving homes for the borough's most vulnerable children and young people.

Visit www.fosteringwalthamforest.co.uk to find out more about fostering with Waltham Forest Council.



Chris Robbins
Leader of Waltham Forest Council



What we are doing

Even though we are housing the third highest number of asylum seekers and have the second highest rate of homelessness in London we want to play our part in this crisis.

That is why we have committed to:

- taking in 10 families
- accommodating families within the borough, wherever possible, and making sure that they are near to the services and facilities that they need to access.
- setting aside some of our hardship fund and continuing to call on the Government to provide ongoing financial support.
- working with schools to make sure they have the support they need to take on refugee children, providing families with a package of health, social care, language, social and early help support.

How you can help

From giving to charity and volunteering, to collecting and delivering the daily essentials that people living in refugee camps or waiting in Calais may need, we know that many of our residents who want to help are finding a way.

In fact many local groups and individuals have been overwhelmed by the generosity of the community and we want to help.

If you need a place to temporarily store goods, are looking to volunteer or want to publicise your fundraising events we might be able to help you. Please email leader@walthamforest.gov.uk and we will look to provide you and your group with the support you need to play your part.

You can also give to reputable charities that are hard at work on the ground such as Unicef, Save the Children and the British Red Cross.

Become a WALTHAM FOREST carer

We know that many residents have even offered their spare room to lend a helping hand. The crisis in Syria offers a timely reminder that every year, there are refugee children in need of loving foster carers – children who have experienced unimaginable loss and tragedy. We are calling on people who have the room in their home and space in their heart to think about fostering a child by becoming a Waltham Forest carer as this is one of the best ways they can play their part.

CASE STUDY



MUHAMMED AND RAHIL'S STORY

Muhammed and Rahila are Waltham Forest foster carers and have been fostering for eight years. During this time they have fostered many children including three asylum seekers. One child has now moved out and is settled and two are currently with them.

Muhammed said: "You cannot give a young person that is a refugee 100 per cent of what they will be missing but helping them and giving them support gives you satisfaction as well, it feels good."

"I would urge anyone who cares for children and enjoys looking after them to become a foster carer."

ERMIAS'S STORY

Ermias*, a 17 year old refugee, is very grateful to his foster carer.

"She is the best thing that has happened to me, she welcomed me to her house like her own son and her family treat me like one of their own."

"I respect her so much. She cares for me and cooks foods I like and encourages me to read books with her to perfect my English. I am able to read and speak English better than when I came to London so I feel lucky and happy."

* CHILDREN'S PHOTOS ARE OF MODELS, NAMES CHANGED TO PROTECT IDENTITY



As a Waltham Forest foster carer you have access to 24/7 social worker support and extensive training to help you have a positive effect on the life of a refugee child, who often arrive in the country with nothing and no one. You will also receive up to £445 per week and up to 60 per cent off your council tax. Other benefits include discounted gym membership at any of our six leisure centres and access to a variety of discounts from major brands and retailers. If you have a spare room and can provide a loving and stable home for a child we want to hear from you.

Visit www.fosteringwalthamforest.co.uk for more information and to register your interest or call us on 020 8496 3000.

Up to
£445
per week

www.fosteringwalthamforest.co.uk

Up to 60% off
Council Tax

Leaders Fun Run

Leyton Jubilee Park

Sunday 11th October

Free family run over 2km and 5km

2km at 11.00, Registration from 10.00 – 10.30, group warm up 10.45

5km at 12.00 registration from 11.00, group warm up at 11.45

This will be a charity event with all donations going to NSPCC



Register online at <http://www.eventbrite.com/e/lbwf-leaders-fun-run-tickets-18573262127>





BE THE ONE

FOSTER

Become a WALTHAM FOREST carer

Up to
£445
per week

PAYMENT
toward your
Council Tax

24/7
Support

Call: **020 8496 3000** or visit:
www.fosteringwalthamforest.co.uk



Notices

Titley Close garages site development proposal
Statutory Consultation – Secure Council Tenants of 1-43 Titley Close Section 105 of Housing Act 1985

The Council intends to consult all secure tenants at 1-43 Titley Close on the proposal to build new homes on the Titley Close garage site. This is a "matter of housing management" that is likely substantially to affect secure tenants at these properties for the purposes of Section 105 of the Housing Act 1985. The arrangements for this consultation are as follows:

- On or around 21st September 2015 all secure tenants at 1-43 Titley Close will be sent a 'Titley Close Garages' Information Pack summarising the issues involved and setting out the Councils' proposals. This pack will consist of a letter and drawings of the proposals.
- Secure tenants will be invited to make their views known to the Council via email or by writing to the Council at the addresses given in the Information Pack. We will also invite views from the leaseholders within the flats as leases may need to be varied.
- Secure tenants will have 28 days to make their views known to the Council.

Before making a final decision on this matter the Council will consider any representations made in accordance with these arrangements.

This Notice is published in accordance with Section 105(5) of the Housing Act 1985. A copy of this Notice is online at <http://www.walthamforest.gov.uk/dhwt-titleyclose> and for inspection at Sycamore House, Waltham Forest Council Town Hall Complex, Forest Road, Walthamstow E17 4JF between 9am-5pm, Monday to Friday. In addition, a copy of this Notice will be given to any member of the public who asks for one.

Responses must be received no later than 18 October 2015.

THE MARRIAGES AND CIVIL PARTNERSHIPS (APPROVED PREMISES) REGULATIONS 2005
NOTICE OF APPLICATION FOR PREMISES TO BE APPROVED AS A VENUE FOR CIVIL MARRIAGES AND CIVIL PARTNERSHIPS

Mark O'Neill of the William Morris Gallery
HEREBY GIVE NOTICE that I have made application to the Council of the London Borough of Waltham Forest under the provisions of the Marriages and Civil Partnerships (Approved Premises) Regulations 2005 for the premises known as the **William Morris Gallery** to be approved for the solemnization of marriages in pursuance of Section 26(1)(bb) of the Marriage Act 1949 and the registration of civil partnerships in pursuance of section 6(3A)(a) of the Civil Partnership Act 2004.

1. The Marriages and Civil Partnerships (Approved Premises) Regulations 2005

state that premises can be approved by the Council if, in their opinion, and amongst other things:

- They are seemly, dignified and regularly available for civil marriages and civil partnerships;
 - They have adequate fire precautions and other appropriate safety precautions; and,
 - They are not used solely or mainly for religious purposes and have no recent or continuing use for religious purposes, which is incompatible with the use of the premises as a venue for civil marriages and civil partnerships.
2. Full details of the conditions and a copy of the Application and the plan of the premises may be inspected at the offices of the Superintendent Registrar, at 106 Grove Road, Walthamstow, London E17 4BY during normal office hours.
3. Any person who objects to the grant of approval may do so by giving notice in writing with reasons for the objection to the Superintendent Registrar at 106 Grove Road, Walthamstow, London E17 4BY and which must be received within twenty-one days of the date of this publication.

Highways

LONDON BOROUGH OF WALTHAM FOREST
EXPERIMENTAL INTRODUCTION OF CONTROLLED PARKING ZONE (CPZ) – ST JAMES PARK (SJP) AREA – T28(15)
(This notice is about the introduction of experimental Traffic Orders for the SJP CPZ During the first 6 months that the experimental Traffic Orders are in operation, objections may be made to them being continued permanently – see paragraph 6.)

1. NOTICE IS HEREBY GIVEN that the London Borough of Waltham Forest (the Council) on **18th September 2015** made **The Waltham Forest (St James Park CPZ) (Parking Places) Experimental Order 2015, The Waltham Forest (Waiting & Loading Restriction) (Amendment No. 86) Experimental Order 2015 and The Waltham Forest (Free parking Places) (Short Stay) (Amendment No. 29) Experimental Order 2015** under sections 9 and 10 of the Road Traffic Regulation Act 1984. The Orders will come into force on 19th October 2015 and may continue in force for up to 18 months.

2. The general effect of the Orders will be to:-

(a) introduce the **St James Park (SJP) CPZ** into: **Clacton Road E17** (the remainder of the street (outside the existing MW CPZ)); **Essex Road E17** (between its junction with South Access Road and the north western boundary extremity of No. 151 Lynmouth Road), **Grange Road E17** (north to south arm only); **Forster Road E17; Hartington Road E17** (the remainder of the street (outside the existing MW CPZ)); **Lynnmouth Road E17** (the remainder of the street (outside the existing MW CPZ)); **Low Hall Lane E17** (from its junctions with Markhouse Avenue and

Brunel Road E17); **Markhouse Avenue E17** (between the common boundary of Nos. 54 and 56 Markhouse Avenue E17 and its junction with Low Hall Lane E17); **South Access Road E17** (from its junctions with Markhouse Avenue and Essex Road E17); and

(b) introduce permit holder parking places into all roads or parts of roads mentioned in 2(a) above; and

(c) provide free short stay parking places in **Essex Road E17** (south-west side – between its junction with South Access Road and the northern boundary extremity of No. 151 Lynmouth Road) (Nb. All free short stay parking places will operate Mondays to Fridays between 8.00 a.m. and 6.30 p.m. with a maximum stay of 2 hours and no return within 2 hours.

3. The Orders will provide that:-

(a) the operational hours in the CPZ for permit parking places in the St James Park (SJP) CPZ will be between the hours of 8.00 a.m. and 6.30 p.m. on Mondays to Fridays inclusive;

(b) virtual residents' permits, business/charity permits, visitors' permits, school parking permits, virtual and hard-copy residents' foreign vehicle permits and essential user/carers permits may be issued, on payment of the appropriate charge, to a person who is the keeper of a passenger vehicle (having 8 passenger seats or less), certain goods carrying vehicles and invalid carriages, (motor cycles would be able to park in permit parking places, free of charge, without the need of a parking permit) providing that in the case of:-

(i) a virtual residents' permit, they are a resident of a street specified above and their specific address is included in the Schedule to this Notice and their vehicle is UK registered to that address;

(ii) a foreign vehicles residents' permit (hard-copy/virtual), they are a resident of a street specified above and their specific address is included in the Schedule to this Notice and their vehicle is registered

outside of the UK;

(iii) a business/charity permit/business visitor's permit, they have a business in a street specified above and that the permit is for a vehicle which is essential to the operation of that business/charity and is used in the purchase and sale of goods or services in connection with that business/charity;

(iv) an essential users/carers permit, they are a doctor or carer who has a surgery in or works in the London Borough of Waltham Forest, or employed by or contracted to the Council, or employed by or contracted to a health authority, or employed by the Metropolitan Police, or employed by the London Fire and Civil Defence Authority, or a company that services fire fighting appliances and for whom the use of a vehicle is essential to the carrying out of their public service duties in a street specified above;

(v) a visitors' permit, they are a resident of a street specified above and that such permit is to be used by a bona fide visitor to their home; or

(vi) a schools parking permit, they are a parent of a student enlisted at a school situated in or near to the streets specified above;

(c) vehicles displaying or issued any valid permit displaying the letters **SJP** may use the permit parking places provided in the streets specified in paragraph 2(a) above and in permit parking places signed with the letters SJP in streets within the SJP CPZ; and

(d) except in the permit parking places referred to in the streets specified in paragraph 2 above, waiting by vehicles will be banned between 8 a.m. and 6.30 p.m. on Mondays to Fridays inclusive in CPZ SJP; and

["At any time" waiting restrictions in certain areas of certain streets listed in paragraph 2 above will also apply including South Access Road between its junctions with Markhouse Avenue and Essex Road E17]

(e) those addresses specified in the

Schedule to this Notice relate to those properties whose occupiers are eligible to purchase permits to park in the SJP CPZ. the charges for permits and vehicle class will be as follows (see table below):-

4. Where it appears necessary for certain purposes, an authorised officer of the Council may, in pursuance of section 10(2) of the Road Traffic Regulation Act 1984, modify or suspend any provision of the experimental Traffic Orders while they are in force.

5. Copies of each of the Orders, the Council's statement of reasons for making the Orders and plans showing the locations and effect of the Orders are available for inspection between 9.30 am and 4.30 pm on Mondays to Fridays inclusive (except Bank Holidays), from **21st September 2015** until the Orders cease to have effect, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; (b) Low Hall, Argall Avenue, London, E10 7AS.

6. The Council will be considering in due course whether the provisions of the experimental Orders should be continued in force indefinitely by means of permanent Orders made under sections 6, 45, 46 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984. Any person may object to the making of the permanent Orders for the purpose of such indefinite continuation within a period of six months beginning with the day on which the experimental Orders come into force or, if the Orders are varied by another Order or modified pursuant to section 10(2) of the 1984 Act, beginning with the day on which the variation or modification or the latest variation or modification came into force. Any such objection must be made in writing and must state the grounds on which it is made and be sent to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T28(15) – St James Park CPZ**. Any objection may be communicated to, or be seen by, other persons who may be affected.

	Engine size less than 900cc registered before 1st March 2001	Engine size between 901cc and 3000cc registered before 1st March 2001	Engine size more than 3000cc registered before 1st March 2001	CO2 emissions less than 120 g/km registered after 1st March 2001	CO2 emissions between 121 and 225 g/km registered after 1st March 2001	CO2 emissions more than 225 g/km registered after 1st March 2001
Residents' permit – 12 months)	£12.50	£25.00	£120.00	£12.50	£25.00	£120.00
Residents' permit (second vehicle) – 12 months	£42.00	£90.00	£210.00	£42.00	£90.00	£210.00
Residents' permit (more than two vehicles) – 12 months	£65.00	£150.00	£280.00	£65.00	£150.00	£280.00
Virtual Residents' permit – 1 month	£10.00	£20.00	£100.00	£10.00	£20.00	£100.00
Residents' permit (virtual/hard-copy) foreign vehicle – 6 months	£24.00	£50.00	£150.00	£24.00	£50.00	£150.00
Schools 15 minute permit – 12 months	£21.00	£42.00	£125.00	£21.00	£42.00	£125.00

Other permits

All-Zone Business Visitor's Permit – book of 30 permits (valid for 1 hour each) £23, book of 20 permits (valid for 2 hours each) £30, and book of 10 permits (valid for 5 hours each) £40; Business Permit – 3 months, £220; Business Permit – 12 months, £390; Business Permit – 12 months (more than two vehicles), £570; Charity permit – 12 months, £40; Charity permit – 12 months (more than two vehicles), £172; Essential User Permit – 1 month, £30; Essential User Permit – 6 months, £110; Essential User Permit – 12 months, £190; Visitor permits – 1 hour book of 30, £14 (free to over 60's, 1 book per year); Visitor permits – 2 hours book of 20, £16; Visitor permits – 5 hours book of 10, £18, Vouchers – 80 pence for 30 minutes or £1.30 per hour. Services charges for change of VRM or change of address £5, for refunds £10 (refunds under £1 not permitted) and lost or stolen permits, £20.

18

Public notices

7. If any person wishes to question the validity of any the Orders or of any of their provisions on the grounds that they are not within the powers conferred by the Road Traffic Regulation Act 1984, or that any requirement of that Act or any instrument made under that Act has not been complied with, that person may, within 6 weeks from the date on which the Orders are made, apply for the purpose to the High Court.

Dated 21st September 2015
Mr. K. Valavan
Head of Highways and Infrastructure, Neighborhoods and Commissioning, Low Hall, Argall Avenue, London, E10 7AS

SCHEDULE (properties whose occupiers are eligible to purchase permits to park in the SJP CPZ)
Clacton Road E17 (Nos. 1 to 129 (inclusive), 131, 133, 135 and 137); **Essex Road E17** (Nos. 2, 3, 4, 10 and 11); **Forster Road E17** (Nos. 1 – 24 (inclusive), 26, 28, 38A, 40, 42, 44, 46); **Hartingdon Road E17** (Nos. 1 to 115 (inclusive), 117, 119 and 121); **Low Hall Lane E17**(Nos. 18 and 20); **Lynnmouth Road E17** (Nos. 30 to 40 (evens only) and 41 to 151 (inclusive)); **Markhouse Avenue E17** (Nos. 56, 58 and 59 to 124 inclusive);

LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 – SECTION 6
HIGHWAYS ACT 1980 – SECTIONS 90A and 90C
GUNNERS GROVE NEIGHBOURHOOD SAFETY SCHEME, ENDBURY ROAD TRAFFIC CALMING PROPOSED ROAD CLOSURE AND INTRODUCTION OF ADDITIONAL “AT ANY TIME” WAITING RESTRICTIONS, ROAD HUMPS AND SPEED TABLES
The Waltham Forest (Prescribed Route) (No. *) Revocation Traffic Order 201*
The Waltham Forest (Waiting and Loading Restriction) (Revocation No. *) Order 201*
The Waltham Forest (Prescribed Route) (No. *) Traffic Order 201*
The Waltham Forest (Waiting and Loading Restriction) (Amendment No. *) Order 201* – T29(15)

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest (the Council) proposes to make the above-mentioned Orders under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984.
2. The general effect of the Orders would be to:
(a) revoke indefinitely all Traffic Orders made on 21st August 2015 for **Endlebury Road E4, The Ridgeway E4 and Heathcote Grove E4** which imposed the following measures and restrictions:
(i) slip road closure; and
(ii) waiting restrictions;
(b) reintroduce a closure to vehicular traffic, the carriageway on the south-east side of the triangular island site situated at the junction of **Endlebury Road and The Ridgeway E4**;
(c) reintroduce “at any time” waiting restrictions (double yellow lines) in –
(i) **Endlebury Road E4**, approximately 22

metres either side of the new raised speed table mentioned in paragraph 3(c) below (both sides between Nos. 107/109 The Ridgeway and Nos.135a Endlebury Road);
(ii) **Endlebury Road – north side** – from the common boundary of Nos. 98 and 100 eastward for 20 metres, and the **south side** for 10 metres either side of its junction with Heathcote Grove; and
(iii) **Heathcote Grove**, from the existing “at any time” restrictions southward for 15 metres (at the junction with Endlebury Road).
3. **FURTHER NOTICE IS GIVEN** that the Council, in accordance with sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999, proposes to introduce –
(a) round-top sinusoidal road humps known as “speed humps” outside Nos. 24, 34 and 60 **Endlebury Road**;
(b) a raised speed table under the existing “zebra” crossing in **Endlebury Road** adjacent to Organ Lane;
(c) a raised speed table in **Endlebury Road** just west of No. 137; and
(d) a raised speed table at the T- junction of **Endlebury Road and Heathcote Grove**.
Notes: (a) the round-top road humps would be elevated sections of carriageway, between 75 and 100 millimetres higher at their highest point than the surrounding carriageway, extending across the full width of the carriageway and measuring approximately 3.7 metres in length, including the gradients; (b) the raised speed tables, under the existing “zebra” crossing, in the vicinity of No. 137 Endlebury Road and at the Endlebury Road/ Heathcote Grove T – junction would extend across the full width of the carriageway with sinusoidal ramps at either end of the tables.
4. As part of the safety scheme, the above-mentioned proposals would be complemented by – (a) carriageway/ footway re-alignment at the junction of Endlebury Road and The Ridgeway; and (b) the installation of central pedestrian refuges and a bus cage in The Ridgeway.
5. A copy of each of the Orders, the Council’s statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.
6. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T29(15) GUNNERS GROVE NEIGHBOURHOOD SAFETY SCHEME** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.
For more information please telephone 020 8496 3000 quoting reference Traffic

Orders – **T29(15)**.
Dated 21st September 2015
Mr. K. Valavan, Head of Highways and Infrastructure, Neighborhoods and Commissioning, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST
EXPERIMENTAL INTRODUCTION OF FULBOURNE ROAD AREA (FR) CONTROLLED PARKING ZONE, TO INCORPORATE THE EXISTING SPRUCE HILLS (SH) and FULBOURNE WEST (FW) CONTROLLED PARKING ZONES
T30(15)

(This notice is about the introduction of experimental Traffic Orders for introducing the Fulbourne Road Area (FR) Controlled Parking Zone (CPZ), which would incorporate the existing Spruce Hills (SH) and Fulbourne West (FW) Controlled Parking Zones (CPZs). During the first 6 months that the experimental Traffic Orders are in operation, objections may be made to them being continued permanently – see paragraph 8.)

1. **NOTICE IS HEREBY GIVEN** that the London Borough of Waltham Forest (the Council) on **18th September 2015** made **The Waltham Forest (Fulbourne Road Area CPZ) (Parking Places) Experimental Order 2015 and The Waltham Forest (Waiting & Loading Restriction) (Amendment No. 87) Experimental Order 2015** under sections 9 and 10 of the Road Traffic Regulation Act 1984. The Orders will come into force on 26th October 2015 and may continue in force for up to 18 months.
2. The general effect of the Orders will be, as an experiment, to:-
(a) introduce the **Fulbourne Road Area (FR)** Controlled Parking Zone into: **Chaucer Road E17, Clifford Road E17** (between existing FW CPZ and Fulbourne Road), **Fulbourne Road E17** (between Forest Road and Macdonald Road/Victoria Road), **Macdonald Road E17** (between

Fulbourne Road and the railway bridge), **St. John’s Road E17** and **Spencer Road E17**;
(b) incorporate into the new **FR** Zone, the existing **Spruce Hills (SH)** and **Fulborne West (FW)** Controlled Parking Zones; and
(c) introduce new permit holder parking places and waiting and loading restrictions into the streets and parts of streets mentioned in paragraph 2(a) above.
3. The Orders will provide that –
(a) the operational hours for permit parking places throughout the new **FR** CPZ will be between **10 a.m. and 4 p.m. on Mondays to Fridays** inclusive; and
(b) virtual residents’ permits, business/charity permits, visitors’ permits, school parking permits, virtual and hard-copy residents’ foreign vehicle permits and essential user/carers permits may be issued, on payment of the appropriate charge, to a person who is the keeper of a passenger vehicle (having 8 passenger seats or less), certain goods carrying vehicles and invalid carriages, (motor cycles would be able to park in permit parking places free of charge, without the need of a parking permit) providing that in the case of -
(i) a virtual residents’ permit, they are a resident of a street or part of a street specified in paragraph 2(a) above, or any street or part of a street currently eligible under the existing **SH** or **FW** CPZs, and their vehicle is UK registered to that address;
(ii) a foreign vehicles residents’ permit (hard-copy/virtual), they are a resident of a street or part of a street specified in sub-paragraph (i) above, and their vehicle is registered outside of the UK;
(iii) a business/charity permit/business visitor’s permit, they have a business in a street or part of a street specified in sub-paragraph (i) above, and that the permit is for a vehicle which is essential to the operation of that business/charity and is used in the purchase and sale of goods or services in connection with that business/

charity;
(iv) an essential users/carers permit, they are a doctor or carer who has a surgery in or works in the London Borough of Waltham Forest, or employed by or contracted to the Council, or employed by or contracted to a health authority, or employed by the Metropolitan Police, or employed by the London Fire and Civil Defence Authority, or a company that services fire fighting appliances and for whom the use of a vehicle is essential to the carrying out of their public service duties in a street or part of a street specified in sub-paragraph (i) above;
(v) a visitors’ permit, they are a resident of a street or part of a street specified in sub-paragraph (i) above and that such permit is to be used by a bona fide visitor to their home;
(vi) a schools parking permit, they are a parent of a student enlisted at a school situated in or near a street or part of a street specified in sub-paragraph (i) above;
(c) vehicles displaying any valid permit displaying the letters **FR** may use any of the permit parking places provided in the streets and parts of streets specified in paragraph 2(a) above as well as the existing permit parking places provided in the streets and parts of streets specified in paragraph 2(b) above. **Note:** vehicles displaying existing valid **SH** or **FW** permits will be able to use any permit parking place within the new **FR** CPZ until those permits run out, when new **FR** permits will be issued from then on;
(d) other than in the permit parking places referred to in paragraph 2 above, waiting by vehicles will generally be restricted between **10 a.m. and 4 p.m. on Mondays to Fridays inclusive** in all other parts of streets within the **FR** CPZ; except where **at any time** waiting restrictions will apply in **St. John’s Road** and **Victoria Road** (at their junction); **Clifford Road** (on the north and west sides of the junction of the east to west and north to south arms); **Spencer Road** and **Macdonald Road**

	Engine size less than 900cc registered before 1st March 2001	Engine size between 901cc and 3000cc registered before 1st March 2001	Engine size more than 3000cc registered before 1st March 2001	CO2 emissions less than 120 g/km registered after 1st March 2001	CO2 emissions between 121 and 225 g/km registered after 1st March 2001	CO2 emissions more than 225 g/km registered after 1st March 2001
Residents’ permit – 12 months	£12.50	£25.00	£120.00	£12.50	£25.00	£120.00
Residents’ permit (second vehicle) – 12 months	£42.00	£90.00	£210.00	£42.00	£90.00	£210.00
Residents’ permit (more than two vehicles) – 12 months	£65.00	£150.00	£280.00	£65.00	£150.00	£280.00
Virtual Residents’ permit – 1 month	£10.00	£20.00	£100.00	£10.00	£20.00	£100.00
Residents’ permit (virtual/ hard-copy) foreign vehicle – 6 months	£24.00	£50.00	£150.00	£24.00	£50.00	£150.00
Schools 15 minute permit – 12 months	£21.00	£42.00	£125.00	£21.00	£42.00	£125.00

Other permits
All-Zone Business Visitor’s Permit – book of 30 permits (valid for 1 hour each) £23, book of 20 permits (valid for 2 hours each) £30, and book of 10 permits (valid for 5 hours each) £40; Business Permit – 3 months, £220; Business Permit – 12 months, £390; Business Permit – 12 months (more than two vehicles), £570; Charity permit – 12 months, £40; Charity permit – 12 months (more than two vehicles), £172; Essential User Permit – 1 month, £30; Essential User Permit – 6 months, £110; Essential User Permit – 12 months, £190; Visitor permits – 1 hour book of 30, £14 (free to over 60’s, 1 book per year); Visitor permits – 2 hours book of 20, £16; Visitor permits – 5 hours book of 10, £18, Vouchers – 80 pence for 30 minutes or £1.30 per hour. Services charges for change of VRM or change of address £5, for refunds £10 (refunds under £1 not permitted) and lost or stolen permits, £20.

(at their junction); **Spencer Road** (at the northern and southern ends); **Chaucer Road and Macdonald Road** (at their junction); **Chaucer Road** (at the southern end); and **Macdonald Road** (the eastern end of the section which lies west of the railway bridge).

4. The properties specified in **Schedule 1, 2 or 3** to this Notice would be eligible in respect of permits to park in the new **FR CPZ**.
5. The charges for permits and vehicle class will be as follows (see table):-
6. Where it appears necessary for certain purposes, an authorised officer of the Council may, in pursuance of section 10(2) of the Road Traffic Regulation Act 1984, modify or suspend any provision of the experimental Traffic Orders while they are in force.

7. Documents giving more detailed particulars of the Orders are available for inspection between 9.30 am and 4.30 pm on Mondays to Fridays inclusive (except Bank Holidays), from **21st September 2015** until the Orders cease to have effect, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; (b) Low Hall, Argall Avenue, London, E10 7AS.

8. The Council will be considering in due course whether the provisions of the experimental Orders should be continued in force indefinitely by means of permanent Orders made under sections 6, 45, 46 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984. Any person may object to the making of the permanent Orders for the purpose of such indefinite continuation within a period of six months beginning with the day on which the experimental Orders come into force or, if the Orders are varied by another Order or modified pursuant to section 10(2) of the 1984 Act, beginning with the day on which the variation or modification or the latest variation or modification came into force. Any such objection must be made in writing and must state the grounds on which it is made and be sent to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T30 (15) – Fulbourne Road Area (FR) CPZ**. Any objection may be communicated to, or be seen by, other persons who may be affected.

9. If any person wishes to question the validity of any the Orders or of any of their provisions on the grounds that they are not within the powers conferred by the Road Traffic Regulation Act 1984, or that any requirement of that Act or any instrument made under that Act has not been complied with, that person may, within 6 weeks from the date on which the Orders are made, apply for the purpose to the High Court.

Dated 21st September 2015
Mr. K. Valavan
Head of Highways and Infrastructure, Neighborhoods and Commissioning, Low Hall, Argall Avenue, London, E10 7AS

SCHEDULE 1 (properties whose occupiers are eligible to purchase permits to park in the new FR CPZ) -
Chaucer Road E17 – all; **Clifford Road (east to west arm) E17** – all; **Forest Road E17** – Nos. 807 to 813 and 867 (odds, north side); Fulbourne Road E17 – all between Forest Road and Macdonald Road/ Victoria Road; **Macdonald Road E17** – all

properties between Fulbourne Road and the railway bridge; **St. John's Road E17** – Nos. 16 to 126 (evens, east side) and Nos. 1 to 95 (odds, west side); and **Spencer Road E17** – all.

SCHEDULE 2 (properties within the previous FW Zone whose occupiers are eligible to purchase permits to park in the new FR CPZ) -
Clifford Road (north to south arm) E17 – all; **Forest Road E17** – Nos. 817 to 865 (odds, north side); and **Kingsley Road E17** – all.

SCHEDULE 3 (properties within the previous SH Zone whose occupiers are eligible to purchase permits to park in the new FR CPZ) -
Spruce Hills Road – all; **Forest Road E17 Nos. 795 to 805**.

LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)
THE WALTHAM FOREST (COPPERMILL LANE E17 QUIET WAY) (HIGHWAY CONSTRUCTION PROGRAMME) (TEMPORARY PROHIBITION OF TRAFFIC AND, RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2015 – (TT68(15))

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends making an Order to enable road hump renewal, resurfacing and other related traffic highway construction works to be carried out in a safe and efficient manner in certain roads, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles) from these roads.
2. Whilst the works are being carried out no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in ***Coppermill Lane E17, *Hazelwood Road E17 and *Haroldstone Road E17**.
3. No person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, within 15 metres of the junction of any road adjoining the roads mentioned in paragraph 2 of this Notice.
4. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.
5. Vehicles waiting or loading in disregard of this Order would be removed.
6. The restrictions mentioned above would not apply in relation to any vehicle being used -
- (a) in connection with the said works; or
- (b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.
7. The Order would come into operation on **5th October 2015** for a maximum period of 6 months, or until the works are completed, whichever is the sooner.
- *NOTE: These works would not be carried out simultaneously in all sections of the roads mentioned in paragraph 2 above but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works which would give more specific details on the exact dates and locations of the prohibitions, restrictions and effects of any temporary

traffic management and diversion routes as necessary.

Dated 21st September 2015
Mr K Valavan, Head of Highways and Infrastructure, Neighborhoods and Commissioning, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)
THE WALTHAM FOREST (VARIOUS ROADS) (CONTROLLED PARKING ZONE ROAD MARKING) (TEMPORARY RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2015 – TT72(15)

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends to make an Order to enable road markings to be carried out in a safe and efficient manner in certain roads, the general effect of which will be, only at such times and to such extent as regulatory signs are displayed, to restrict waiting and loading by vehicles (except works vehicles) in certain roads.
2. Whilst the works are being carried out no person shall cause or permit any vehicle to wait or load for any purpose, at any time, in the roads listed in the Schedule to this Notice.
3. Vehicles waiting or loading in disregard of this Order will be removed.
4. The restrictions mentioned above will not apply in relation to any vehicle being used:
- (a) in connection with the said works; or
- (b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.
5. The Order would come into operation on **5th October 2015** and will be valid for a maximum period of 7 months, or until the works are completed whichever is the sooner.

NOTE: These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the restrictions and effects of any temporary traffic management.

Dated 21st September 2015
Mr K Valavan, Head of Highways and Infrastructure, Neighborhoods and Commissioning, Low Hall, Argall Avenue, London, E10 7AS

Schedule
St James Park (SJP) CPZ roads restricted to vehicles
Clacton Road E17; Essex Road E17; Grange Road E17; Forster Road E17; Hartington Road E17; Lynmouth Road E17; Low Hall Lane E17; Markhouse Avenue E17; South Access Road E17 – proposed start and end dates between *28/9/15 and 19/10/15*

Fulbourne Road (FR) CPZ roads restricted to vehicles
Chaucer Road E17, Clifford Road E17, Fulbourne Road E17, Kingsley Road E17, Macdonald Road E17, Spencer Road E17, Spruce Road Hills E17 and St John's Road E17 – proposed start and end dates between *28/9/15 and 26/10/15*

Brewster Road (BR) CPZ roads restricted to vehicles
Brewster Road E10, Crawley Road E17, Copper's Lane E17, Farmer Road E10 (between Leyton High Road and No. 2 Farmer Road E10) – proposed start and end dates between 12/10/15 and 02/11/15

Wilmot Road (WR) CPZ roads restricted to vehicles
Rosedene Terrace E10, Thornhill Road E10, Wilmot Road – proposed start and end dates between 12/10/15 and 2/11/15

Lloyd Park North (LPN) CPZ roads restricted to vehicles
Aveling Park Road E17, Carr Road E17, Cazenove Road E17, Chingford Road (between Evesham Avenue E17 and, Cazenove Road, Elphinstone Road E17, Evesham Avenue E17, Fleeming Road E17, Marten Road E17, Pennant Terrace E17 – proposed start and end dates between 12/10/15 and 9/11/15

Whipps Cross South (extension) (WXS) CPZ roads restricted to vehicles
Carnarvon Road E10, Cromer Road E10 (between its junctions with Essex Road and Cromer Road), **Greg Close E10, Liverpool Road E10, Matlock Road E10, Nottingham Road E10** (north-easternmost arm) – proposed start and end dates between 26/10/15 and 16/11/15

Wood Street East (WSE) CPZ roads restricted to vehicles
Bisterne Avenue E17, Dean Gardens E17, Foresters Drive E17, Fyfield Road E17 (between its junction with Upper Walthamstow Road and Avon Road) **Greenway Avenue E17, Upper**

Walthamstow Road E17 – proposed start and end dates between 9/11/15 and 7/12/15

Theydon Street (TS) CPZ roads restricted to vehicles

Harris Street E17, Hibbert Road E17, Bridge Road E17, Theydon Street E17, Wetherden Street E17, Sybourn Street E17 – proposed start and end dates between 9/11/15 and 14/12/15

Planning

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990- Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL.NO 152803/FUL
APPLICANT Mr Ben Fearson
ADDRESS Vestry Road, Walthamstow, London, London, E17 9HN
PROPOSAL Installation of two eight metre floodlights at multi use games area in Vestry Road play area.

The application is available to view on the following website:
http://planning.walthamforest.gov.uk

The application can also be viewed at, Sycamore House offices, Town Hall Complex, Forest Road, Walthamstow, E17 4JF, between 9am and 4.00pm, Monday to Friday, where a duty planning officer will be available to assist you.

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, are open to the public.

Dated this day 21 September 2015
David Scourfield – Head of Development Management and Building Control
London Borough of Waltham Forest

Waltham Forest News advertising

Did you know Waltham Forest News has a circulation of 110,000 – Advertising has never been so effective

For further information on the different advertising opportunities available please call 020 8496 3000 (press option 6) or email: advertisingwfn@walthamforest.gov.uk

Grow into a new role with NELFT in Waltham Forest

Join us and help us look after local people's health in their homes, our health centres, inpatient wards, mental health units or children's centres.

It is an exciting time to work for us - the training is exemplary, career progression opportunities are vast and benefits such as help with childcare and relocation packages will make a move more practical.

We need people who share our values:

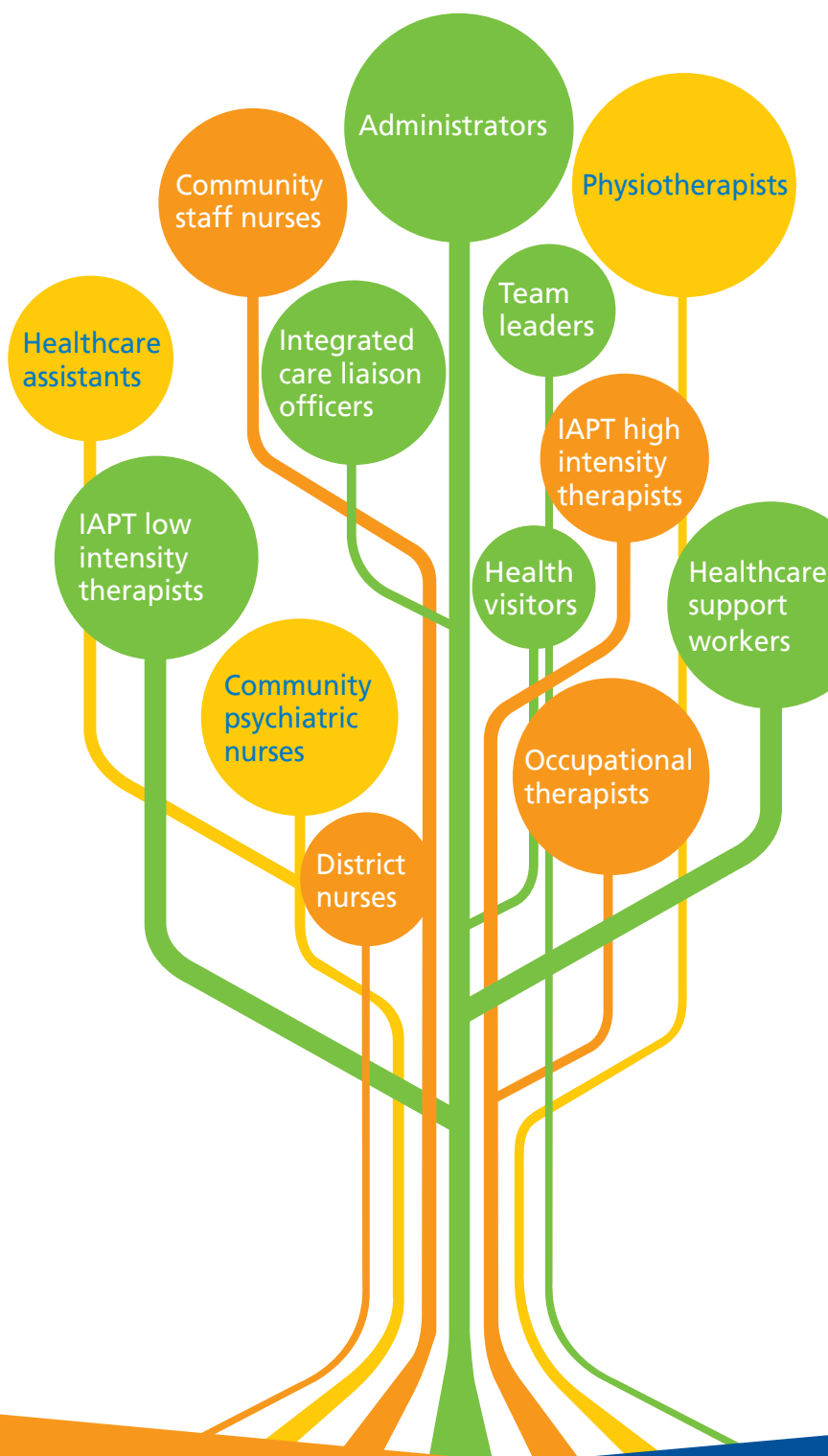
- Putting the patient in control of their health and wellbeing
- Going the extra mile to provide quality services
- Being professional and honest

Talented newly qualified nurses and therapists, those returning to their professions after a break as well as retired professionals looking for part time employment are welcome.

We are very flexible so even if the role is advertised as being full time, you can apply for part time hours.

Proactive, organised people are also needed to work as administrators and clinical support workers.

For further information about particular jobs please contact Margaret Powell on 0300 555 1200, extension 68498.



To apply visit www.nelft.nhs.uk/work-for-us
or email: projectsrecruitment@nelft.nhs.uk





**Give your
willpower
a boost**

William Morris Gallery

As well as exhibitions of William Morris' designs, the Gallery hosts a range of activities for people of all ages, including arts and craft workshops and performances.

Visit www.wmgallery.org.uk for more information.

When you're planning your Stoptober challenge, why not do something new to take your mind off the cravings!



Our Parks

Get fit for free in Waltham Forest Parks. Exercise classes run in 12 different locations, with classes ranging from boot camp to yoga, and even buggy fit! And best of all they are completely free!

Visit www.ourparks.org.uk for more information

Libraries

Why not visit one of the borough's libraries?

Borrow something from a wide range of books or CDs, or use the library computers to find out more about Stoptober! Library Plus branches in Walthamstow, Leyton, Leytonstone, and North Chingford offer additional services like Citizens Advice Bureau and money advice, and can help you with applications for Council services or benefits.

Visit www.walthamforest.gov.uk/libraries for more information.

Meet a local Stop Smoking Adviser

Renata Bruozyte has been a Stop Smoking Adviser for 7 years and runs clinics across Waltham Forest. We asked her to tell us about her job, and the benefits of Stoptober.

"The best thing for me about being a Stop Smoking Adviser is helping people to quit for good. It's great to see people doing well with their quit smoking plan. Most people when they complete their quit smoking plan leave our service as friends. We are sad to see them go but happy for them that they have succeeded."



Renata has helped hundreds of smokers quit. Her top advice?

"Be patient with yourself; there's no magic solution but with patience and some help you can get there."

When asked about the benefits of the Stoptober challenge, Renata said

"Stopping smoking for 28 days means that you're five times more likely to stop for good and the benefits will become clear in just a few weeks. Smokefree Waltham Forest helps people who want to quit understand why they smoke, and our specialist advisers provide practical support. So take the first step, sign up to Stoptober and pick up the phone to make an appointment with Smokefree Waltham Forest 0800 032 0102. We are here to help you."



Your local stop smoking service: We're here to help

Anyone who lives or works in Waltham Forest can access the Smokefree Waltham Forest Stop Smoking Service delivered by professional Smokefree advisers. All advisers have experience in helping people quit and understand the difficulties as well as the support required to be successful. Our Smokefree support is friendly, non-judgemental and informal.

You will receive a minimum of 5 weekly sessions and advice on how to manage cravings and withdrawal, including help to choose a stop smoking product (like patches or gum) that is right for you. Sessions can be carried out face-to-face in a number of different locations across the borough, or over the phone via our Quitline.

Call us on 0800 032 0102 or email stopsmokingservice@nelft.nhs.uk for more information



Did you know?

From Thursday 1 October 2015 it will be illegal to smoke in vehicles with someone under 18 present.

The new law helps protect children from the dangers of second hand smoke. Both the driver and the smoker can be fined £50 if anyone in the vehicle smokes.

Secondhand smoke puts your children at risk of conditions including meningitis, cancer, and respiratory infections such as bronchitis and pneumonia.

Over 80 per cent of cigarette smoke is invisible, so no matter how careful you are, your children can still breathe in the harmful poisons. Opening the window does not remove the harmful effect of cigarette smoke.

For more information about the new legislation
visit gov.uk/smokefreecars

